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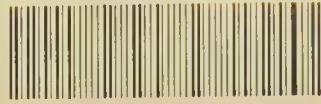
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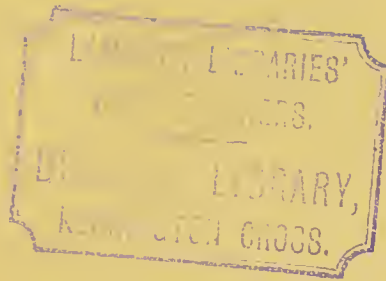


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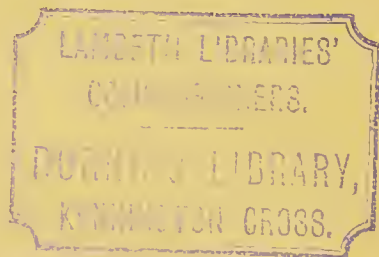


A PRACTICAL DICTIONARY OF COOKERY

A
PRACTICAL DICTIONARY
OF
COOKERY

1200 TESTED RECIPES

By
ETHEL S. MEYER



LONDON
JOHN MURRAY, ALBEMARLE STREET

1898

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(St. Francis Place, New York)
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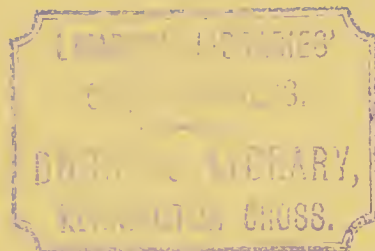
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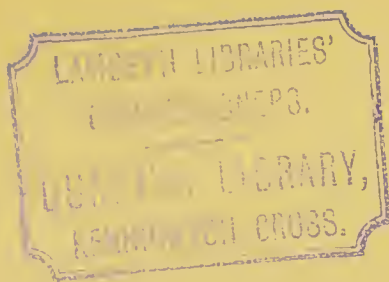
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PREFACE

THIS Dictionary has been written with the view of providing a thoroughly practical and reliable hand-book to all classes of cookery.

The recipes are the result of practical knowledge, and precise directions have in every instance been given.

The difficulty of readily finding the particular recipe required I have minimised as far as possible in the present work by the addition, at the end of the volume, of an index of all the recipes, arranged under the different *courses*. The recipes themselves are in alphabetical order.

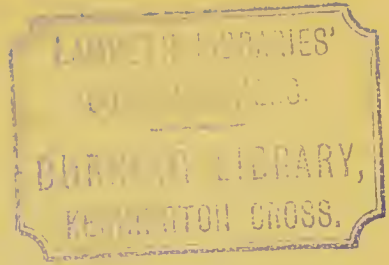
The question of time required for cooking each particular dish is one to which particular attention has been given. I have indicated as nearly as possible the exact number of minutes required, and, in the case of baking, whether the time given applies to a quick or a slow oven.

I have also endeavoured to give an idea of the number of people the quantities stated would suffice for. It will be observed that nearly all the recipes suitable are calculated for small families of four or five. Some of these would remain the same for two persons—as, for instance, small joints, one fowl, etc.—but of many, the ingredients could be safely halved. For larger families every housekeeper would naturally use her judgment and experience. In some cases the ingredients would need to be doubled for eight persons, whilst in others half as much

again would suffice. In buying a *joint* of beef, mutton, or veal, one usually wishes to have something substantial to cut from, so more is allowed for each person than of dishes such as steaks, cutlets, etc.

Such economy as is consistent with the preparation of really palatable dishes has been carefully studied, but I have not given the supposed cost, since prices vary so widely according to locality and season, that it is impossible for an exact estimate to be made.

ETHEL S. MEYER.



A

PRACTICAL DICTIONARY

OF

COOKERY

An Index of all the Recipes, here arranged in Alphabetical Order, will be found at the end of the Volume arranged under the different Courses.

No. 1.—ABERNETHY BISCUITS.

Ingredients—

1 lb. flour, 1 oz. butter, 1 oz. sugar, $\frac{1}{2}$ oz. caraway seeds, 1 egg, 2 or 3 table-spoonfuls milk.

Method—

Mix the flour and sugar together, and rub in the butter. Add the caraway seeds, and mix them well in. Beat and strain the egg, and add it to the mixture with just sufficient milk to make a stiff dough. Turn the paste on to a floured board, and roll it out to $\frac{1}{4}$ inch thickness. Stamp it out with a round cutter 4 or 5 inches in diameter. Prick each biscuit with a fork, lay them on a baking tin slightly buttered, and bake in a moderate oven to a nice light brown.

*Time—*20 to 30 minutes.

Sufficient for 7 or 8 biscuits.

No. 2.—ACIDULATED DROPS.

Ingredients—

1 lb. fine loaf sugar, $\frac{1}{2}$ pint water, 1 dessert-spoonful lemon juice.

Method—

Boil the sugar and water until the syrup is very thick, then add the lemon juice, and boil again until a little of the syrup dropped into cold water will set and crack between the teeth. Oil a large tin, and as soon as the syrup is ready, drop it in very small quantities with a spoon on to the tin, and set it aside (on ice if possible) for the drops to harden.

Put them into a clean cloth to absorb any oil which might remain, dust icing sugar over them, and put away in glass jars.

*Time—*20 to 30 minutes.

No. 3.—ALMONDS (To Blanch).

Put the almonds in a small basin, pour sufficient boiling water on them to cover them, and leave for 15 or 20 minutes. Then take out the almonds, and the skins will come off quite easily. Dry them on a clean cloth.

No. 4.—ALMOND CAKE.*Ingredients—*

6 eggs, 4 oz. pounded sweet almonds, $\frac{1}{2}$ oz. pounded bitter almonds, 6 oz. sifted sugar, 6 oz. flour, 6 oz. butter, finely grated rind of 1 lemon.

Method—

Whisk and strain the eggs, mix them with the almonds and sugar, and sift in the flour, beating constantly all the time. Then add the butter, which must be melted, but not hot, a small portion at a time, beating very thoroughly as each portion is added, and lastly the lemon rind. Line a cake tin with buttered paper, and rather more than half fill it with the mixture.

Bake the cake in a well-heated oven, covering the top with a buttered paper when sufficiently coloured. Test it with a small skewer or knife in the usual way.

*Time—*About 1 hour.

No. 5.—ALMOND CAKES (Small for Afternoon Tea).*Ingredients—*

3 eggs, 2 oz. pounded sweet almonds, $\frac{1}{4}$ oz. pounded bitter almonds, 3 oz. sifted sugar, 3 oz. flour, 3 oz. butter, finely grated rind of $\frac{1}{2}$ a lemon.

Method—

Whisk and strain the eggs, mix them with the almonds and sugar, and sift in the flour, beating constantly all

the time. Then add the butter, which must be melted, but not hot, a small portion at a time, beating very thoroughly as each portion is added; lastly add the lemon rind, and beat all well together.

Butter some patty pans, and rather more than half fill each with the mixture. Bake in a well-heated oven, taking care that they are nicely browned but not burnt.

*Time—*20 to 30 minutes.

Sufficient for 12 small cakes.

No. 6 —ALMOND CHEESE CAKES.*Ingredients—*

3 eggs, 4 oz. pounded sweet almonds, 3 oz. sugar, 2 oz. butter, 1 dessert-spoonful lemon juice. Short crust, No. 403, made with 8 oz. flour, other ingredients in proportion.

Method—

Whisk and strain the eggs, beat in the almonds and sugar, add the butter, which must be melted, but not hot, and the lemon juice, and beat the mixture for five minutes. Line 12 patty pans with the paste made as directed above; put some of the mixture into each, and bake in a quick oven.

*Time—*About 15 minutes.

Sufficient for 12 cheese cakes.

No. 7.—ALMOND CREAM.*Ingredients—*

4 oz. sweet almonds, 4 oz. pounded sugar, 3 eggs, 1 pint milk, $\frac{3}{4}$ oz. isinglass, $\frac{1}{4}$ pint cream, $\frac{1}{2}$ tea-spoonful almond flavouring.

Method—

Soak the isinglass in the milk for a few minutes, and let them become very hot. Mix the almonds and sugar together in a basin, and add to them the eggs, which must be beaten and

strained. Stir well together, then add the hot milk gradually, stirring all the time. Strain the mixture into the saucepan again, and thicken as for custard. Set it aside in a cool place until it is lukewarm.

Whip the cream to a stiff froth, add the flavouring, beat in the custard by degrees, and continue beating until they are perfectly mixed. Pour into a well-wetted mould, and set aside in a cool place until quite firm. It is better if made some hours before it is required.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 8.—ALMOND CARAMEL CREAM.

Ingredients—

1 pint milk, 4 eggs, $\frac{1}{2}$ oz. isinglass, 4 oz. sweet almonds, 4 oz. pounded sugar, $\frac{1}{4}$ pint cream.

Method—

Melt the sugar in a small saucepan, and let it cook (stirring all the time) until it becomes a brown syrup as for caramel. Then put in the almonds roughly chopped, and cook for 3 or 4 minutes longer. Turn into a dish until cool, when pound the mixture in a mortar to a smooth paste. Make the milk hot and dissolve the isinglass in it.

Beat the eggs and add the hot milk to them. Strain the mixture into the saucepan again, and thicken as for custard. When ready, mix it gradually with the pounded almonds, strain all through a fine sieve, and set aside to cool. Whip the cream to a stiff froth, and add the custard, which should be lukewarm, by degrees, beating it thoroughly together. Stir well, and pour into a mould wetted in every part with cold water, and set aside on ice or in a cool place to stiffen.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 9.—ALMOND GINGERBREAD.

Ingredients—

$\frac{1}{2}$ lb. golden syrup, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. flour, 2 oz. candied orange peel, $\frac{1}{4}$ lb. pounded sweet almonds.

Method—

Warm the golden syrup in a lined saucepan, and melt the butter in it. Pour the hot syrup and butter into a basin, and beat the flour into it, then add the candied peel, cut into very small pieces, and the sugar, and lastly, the almonds. Mix very thoroughly. Butter a tin, pour in the mixture, and bake in a moderate oven. A few whole almonds may be sprinkled on the top of the cake if liked.

*Time—*About 45 minutes.

Sufficient for 1 moderate sized cake.

No. 10.—ALMOND PASTE.

Ingredients—

8 oz. pounded sweet almonds, 6 oz. pounded sugar.

Method—

Mix the almonds and sugar together, turn them into a small enamelled stewpan, and stir them over a very gentle fire until the paste dries sufficiently not to stick to the fingers when touched. It should then be turned out and put aside in a basin to cool. When cold it is ready for use, and may be rolled out like ordinary paste and used where directed.

*Time—*20 to 30 minutes.

No. 11.—ALMOND PUDDING (Baked.)

Ingredients—

4 oz. pounded sweet almonds, 2 oz. butter, 3 eggs, 2 oz. fine bread-crumbs, 2 oz. pounded sugar, grated rind of $\frac{1}{2}$ a lemon, 1 pint milk.

Method—

Mix the almonds with the butter,

which must be melted but not hot, beat and strain the eggs, and add them with the bread-crumbs, sugar, and lemon-rind. Beat the mixture well for 2 or 3 minutes, then stir in the milk, mixing it thoroughly with the other ingredients. Pour the mixture into a pie-dish and bake in a moderate oven.

Time—30 minutes.

Sufficient to fill a 1½-pint dish.

No. 12.—ALMOND PUDDINGS (Small).

Ingredients—

4 oz. pounded sweet almonds, 3 bitter almonds pounded, 2 oz. butter, 1 oz. castor sugar, 2 eggs, 1 tablespoonful cream.

Method—

Put the pounded almonds into a basin, add the butter (which must be melted) and the sugar, and beat well together.

Beat the eggs, and strain them into the other ingredients. Add the cream and mix all thoroughly. Butter some Dariole moulds, half fill each with the mixture, and bake in a moderate oven. Turn them on to a hot dish, sprinkle with sifted sugar, and serve immediately.

Time—About 20 minutes.

Sufficient for 7 or 8 small puddings.

No. 13.—ALMOND PUDDINGS (Small, Very Fine).

Ingredients—

½ pint milk, 1 oz. bread-crumbs, 4 oz. pounded sweet almonds, 3 bitter almonds pounded, 2 eggs, 3 oz. castor sugar, 3 oz. butter.

Method—

Put the milk in a delicately clean saucepan. Bring it to boiling point, and pour it on to the bread-crumbs. Set

this aside to cool. Beat and strain the eggs, and add to them the pounded almonds and sugar, and the butter which must be melted.

Mix these ingredients thoroughly with the milk and bread-crumbs, pour the mixture into the saucepan, and let it thicken as for custard. Let the mixture cool again, and when lukewarm two-thirds fill some buttered moulds with it, and bake in a moderate oven.

Time—About 15 or 20 minutes.

Sufficient for 7 or 8 small puddings.

No. 14.—ALMOND PUFFS.

Ingredients—

2 oz. sweet almonds, 3 oz. bitter almonds, 3 eggs, 3 oz. sugar, 3 oz. flour, rind of ½ a lemon, 2 oz. butter.

Method—

Blanch and pound the almonds, beat the eggs, strain them and stir them to the almonds. Gradually mix in the sugar, flour, and finely chopped lemon rind, melt the butter, without making it hot, and beat it into the mixture. Continue beating for 5 minutes, then butter some small cups or moulds, rather more than half fill them with the mixture, and bake in a moderate oven.

Time—About 15 or 20 minutes.

Sufficient for 7 or 8 puffs.

No. 15.—ALMOND TARTLETS.

Ingredients—

4 oz. pounded almonds, 2 oz. butter, 2 oz. pounded sugar, the yolks of 2 eggs, 1 oz. crushed ratafias, 1 tablespoonful cream. Crust No. 400, or No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Put the butter and sugar into a basin, and beat them together with a wooden

spoon until the mixture becomes smooth and creamy. Add the pounded almonds and ratafias, and the eggs, which must be beaten and strained. Whip the cream to a stiff froth, and mix it thoroughly with all the other ingredients. Butter some patty pans, line them with the paste, put some of the mixture in each, and bake carefully in a moderately quick oven.

Time—20 to 30 minutes.

Sufficient for 12 tartlets.

No. 16.—ALMOND ROCK:

Ingredients—

$\frac{3}{4}$ lb. sweet almonds, $\frac{1}{2}$ lb. loaf sugar, $\frac{1}{4}$ pint water, 1 tea-spoonful lemon juice.

Method—

Blanch the almonds and dry them in a slow oven, turning them occasionally, and taking care that they do not burn. Put the sugar and water in a small copper preserving-pan, and boil them together until the syrup is very thick and begins to whiten. Then add the lemon juice, and stir constantly over a quick fire for a few minutes. Try it constantly by dropping a little into a basin of cold water, and as soon as it solidifies immediately, and snaps between the teeth, lift the pan off the fire and stir in the almonds.

Have ready a baking tin very lightly buttered, pour in the almond rock, spread it out evenly, mark it in divisions, and cut up into slabs as soon as it is partly set.

Time—15 to 25 minutes.

No. 17.—ANCHOVIES (To Choose and Prepare).

For all savouries, and for the garnishing of mayonnaise, etc., anchovies in oil are much to be preferred to those preserved in brine. They should be taken out of the bottle with a fork,

unrolled and laid on kitchen paper, so that the superfluous oil may be absorbed before they are used.

Anchovies preserved in brine should be soaked in milk for 2 hours, then laid on a clean cloth, and lightly dried.

No. 18.—ANCHOVIES (To Fry).

Ingredients—

8 or 10 anchovies, a little flour.

Method—

Prepare the anchovies as directed in preceding recipe. Dip each one in flour and arrange in frying-basket. Plunge them into boiling lard or oil, and fry a light brown; serve very hot.

Time—5 to 7 minutes.

Sufficient for 3 or 4 persons.

No. 19.—ANCHOVY BUTTER.

Ingredients—

6 anchovies, 6 oz. butter, 1 pinch cayenne pepper.

Method—

Wipe the anchovies as free as possible from oil, and remove all the bones. Pound them in a mortar until they are reduced to a smooth paste, then add the butter and pepper, and continue pounding until the ingredients are thoroughly mixed. Then rub the whole through a fine hair sieve, and set it aside (if possible on ice) to harden. When it has become firm, make it into small rolls with the butter pats, arrange these on a small dish, garnish with parsley, and serve.

Sufficient for $\frac{1}{2}$ lb. butter.

No. 20.—ANCHOVY EGGS.

Ingredients—

4 eggs, 1 table-spoonful anchovy paste, seasoning cayenne pepper.

Method—

Boil the eggs hard, and set them

aside to become quite cold. Then shell the eggs, and cut a little piece off each end so that they will stand. Cut them in halves, and remove the yolks, which should be pounded together with the anchovy paste, and a sprinkling of cayenne.

Re-fill each half egg with the mixture, and stand them on small squares of toast, freshly buttered, and not too thin, or on croûtons freshly fried.

Serve cold, garnished with parsley or small cress.

Time—To boil eggs 10 minutes.

Sufficient for 4 or 5 persons.

NO. 21.—ANCHOVIES ON TOAST.

Ingredients—

2 or 3 slices freshly-made toast, butter, 6 or 8 anchovies, pepper to taste.

Method—

Make 2 or 3 slices of very crisp toast of moderate thickness. Butter while hot, and cut into 6 or 8 fingers, which should all be of the same size. Lay an anchovy on each, sprinkle with pepper, and put them in the oven to become very hot, but take care not to let them become dry and hard; serve quickly.

If a gas-cooker is used, they can be placed under the toaster for 2 or 3 minutes instead of in the oven.

Time—To heat in oven, 10 to 15 minutes.

Sufficient for 3 or 4 persons.

NO. 22.—ANCHOVY TOASTS.

Ingredients—

2 or 3 slices toast, butter, 2 tea-spoonfuls anchovy paste, mustard and pepper to taste.

Method—

Prepare the toast as for anchovies on toast. Spread each finger with

anchovy paste, sprinkle with pepper or finish with a little made mustard if preferred. Make very hot, and serve.

Time—About 5 or 7 minutes to heat in oven.

Sufficient for 3 or 4 persons.

NO. 23.—ANCHOVY SAUCE (For Fish).

Ingredients—

$\frac{1}{2}$ pint melted butter, No. 227, 1 large tea-spoonful anchovy paste, small pinch cayenne pepper.

Method—

Make $\frac{1}{2}$ pint of melted butter; when ready to serve, stir in the anchovy paste and pepper, taking care that the sauce is equally flavoured throughout. Make very hot, and serve.

Time—After the paste is added, about 3 minutes.

Sufficient for 5 or 6 persons.

NO. 24.—ANCHOVY SAUCE (Another Recipe).

Ingredients—

1 oz. anchovy butter, 1 table-spoonful flour, $\frac{1}{2}$ pint milk.

Method—

Put the butter and flour in a saucepan, and stir together until blended. Add the milk and bring it to boiling point, stirring incessantly until sufficiently thickened, when serve immediately.

Time—10 to 15 minutes.

Sufficient for 5 or 6 persons.

NO. 25.—ANCHOVY OLIVES.

Ingredients—

The yolk of 1 egg, 1 tea-spoonful anchovy paste, 6 or 7 Spanish olives, 2 slices buttered toast.

Method—

Boil an egg for 10 minutes, then take the yolk and mix it thoroughly with the anchovy paste. Stone the olives and fill them with the mixture. Prepare

the toast as for anchovies, but cut into small squares. Put an olive on each, make very hot, and serve.

Time—To heat in oven about 10 minutes.

Sufficient for 3 or 4 persons.

No. 26.—ANGELS ON HORSEBACK.

Ingredients—

6 oysters, 3 very thin slices streaky bacon, 1 oz. butter, 6 croûtons, No. 393.

Method—

Open the oysters and beard them. Divide each slice of bacon in half, lay an oyster in each piece, roll it up and tie with thin tape. Melt the butter in a frying-pan, put in the little rolls and fry them briskly. Take them out, drain on kitchen paper, remove the tapes, and serve immediately on crisp croûtons in a very hot dish.

Time—4 or 5 minutes.

Sufficient for 2 or 3 people.

No 27.—APPLES (To Choose).

Cooking apples should be chosen of a firm kind, particularly if they are intended to be served whole, either simply baked, in a compôte, or as dumplings.

For ordinary purposes the Blenheim Orange is hard to beat. Pearmains and Nonsuches are both good. Later in the season Warner's King is an excellent apple, and Bramley's Seedling is of good flavour and serviceable for use at the end of the winter. For apple jelly, Nonsuches are considered the best, but any good cooking apple of fine flavour will make a good preserve. For dessert Ribston Pippins, Russet apples, and Cox's Orange Pippins are the most easily obtainable. The apples should be thoroughly polished with a clean cloth before being placed on the table.

No. 28.—APPLES BAKED (Plain).

Method—

Choose some rather hard cooking apples. Polish them with a clean cloth, and place on a baking tin. Cook in a moderate oven, and serve hot with moist sugar as well as sifted.

Time—About 40 minutes.

Sufficient—allow 6 apples for 4 or 5 persons.

No 29.—APPLES (Compôte of).

Ingredients—

6 apples, juice of 1 lemon, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint water.

Method—

Boil the sugar, water, and lemon juice together for 15 minutes.

Pare the apples, halve them and remove the cores, lay them in the syrup, and boil gently until they are tender. Then take them out carefully and arrange them in a glass dish. Boil the syrup quickly for a few minutes, let it cool, and then pour it over the apples.

Time—To cook apples, about 30 minutes.

To boil syrup, 10 minutes.

Sufficient for 4 or 5 persons.

No. 30.—APPLES (Stewed Whole).

Ingredients—

6 Russet apples, 4 oz. sugar, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ pint water.

Method—

Put the water, sugar, and lemon juice into a stewpan and boil them for 10 minutes. Pare and core the apples without dividing them, arrange them in a single layer in the stewpan, and simmer them gently until quite tender, but be careful not to overcook them or they would break. When done lift them out very carefully, and arrange them in a glass dish. Boil the

syrup briskly for a few minutes. Let it cool, then strain it over the apples.

Time—To stew apples, about 40 minutes.

To boil syrup, 5 to 10 minutes.

Sufficient for 3 or 4 persons.

No. 31.—APPLES (Iced).

Ingredients—

12 apples, 8 oz. sugar, $\frac{1}{2}$ pint water, juice of $\frac{1}{2}$ a lemon, the whites of 2 eggs, 4 oz. castor sugar.

Method—

Pare and core 8 of the apples without dividing them. Put the 8 oz. sugar, the lemon juice and water, into a saucepan, and boil them for 5 minutes. Then lay in the apples, and cook them until quite tender. Lift them out and arrange them in a mound on a glass dish. Pare, core, and slice the remaining apples and stew them in the syrup until the whole forms a smooth marmalade. Fill up the spaces between the apples with this and set them aside to cool. When cold, beat the whites of the eggs to a very stiff froth, stir in the castor sugar rapidly, and cover the apples all over with the mixture.

Time—To cook apples, about 40 minutes.

To make the marmalade, about 20 minutes.

To beat whites of eggs, 10 to 15 minutes.

Sufficient for 6 or 7 persons.

No. 32.—APPLES (In Red Jelly).

Ingredients—

8 Russet apples, 4 oz. sugar, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ pint water, $\frac{1}{2}$ oz. isinglass, about 10 drops cochineal.

Method—

Put the sugar, water, and lemon juice into a stewpan and boil them for 10 minutes. Pare and core the apples

without dividing them; arrange them in a single layer in the stewpan, and simmer them gently until quite tender. Then take them out carefully, and arrange them in a glass dish. Put the isinglass into the syrup and boil it briskly for 5 minutes, stirring occasionally. Add sufficient cochineal to colour it a delicate bright red. Let the syrup cool slightly, pour a little over each of the apples, and the rest round, and put the dish aside in a cool place to set.

Time—To simmer apples, about 40 minutes.

Sufficient for 4 or 5 persons.

No. 33.—APPLES (Buttered).

Ingredients—

6 apples, 6 oz. butter, 6 oz. pounded sugar, 2 table-spoonfuls apricot jam.

Method—

Pare and core the apples without dividing them and fill the cavities with part of the butter. Put the remainder in a lined saucepan, and heat it gently until it is just melted, then put in the apples in a single layer, and cook them very gently until they are tender, turning them when about half done. When they are very nearly cooked, sift on to them the sugar, which they should absorb at once, and cook them for 5 minutes longer. Make the jam quite hot in a small saucepan. Lift out the apples on to a very hot dish, put some of the hot jam in each, pour the butter remaining in the stewpan round them, and serve immediately.

Time—About 40 minutes.

Sufficient for 4 or 5 persons.

No. 34.—APPLE CAKE.

Ingredients—

3 lbs. apples, $\frac{3}{4}$ lb. sugar, 2 table-spoonfuls water, 3 oz. butter, juice and chopped rind of a lemon. Paste No.

400, made with 1 lb. flour, and other ingredients in proportion.

Method—

Pare, core, and quarter the apples, and boil them with the sugar, water, chopped lemon rind and juice, until quite tender. Then take them off the fire, stir in the butter, which must be melted, and set the mixture aside to cool.

Well butter a cake tin. Roll the paste about $\frac{1}{4}$ inch thick, and cut out a piece to fit the bottom of the tin, and a long strip to line the sides. Fit them in carefully, and cut an inch strip of paste to cover the join round the bottom of the tin. Damp this slightly with a paste brush dipped in warm water before fixing it, so as to make it stick firmly and strengthen the mould. Fill with the preparation of apple, roll out the cover of paste and lay it over the top.

Bake in a moderately quick oven, and cover the top with a sheet of buttered paper should it seem inclined to burn or take too deep a colour.

Turn out carefully, sprinkle with sifted sugar, and serve very hot.

*Time—*About 1 hour.

Sufficient for 5 or 6 persons.

No. 35.—APPLE CHARLOTTE (Plain).

Ingredients—

1 lb. apples, 6 or 7 slices bread and butter, about $\frac{1}{4}$ lb. moist sugar.

Method—

Well butter a basin, and cut a piece of bread and butter to fit the bottom. Peel, core, and slice the apples. Place a layer of them in the basin, sprinkle with sugar, and cover with thin bread and butter. Then place another layer of apples and sugar, and proceed in the same manner until the basin is filled.

Tie a buttered paper over the top, and bake in a moderate oven for an hour. Turn out the Charlotte and serve very hot.

*Time—*To bake, 1 hour.

Sufficient for 3 or 4 persons.

No. 36.—APPLE CHARLOTTE
(Another Recipe).

Ingredients—

1 $\frac{1}{2}$ lbs. apples, 1 teacupful water, $\frac{1}{2}$ lb. bread-crumbs, 6 oz. sugar, 2 oz. butter.

Method—

Peel, core, and slice the apples, and place them with the sugar and a teacupful of water in a stewpan. Cook until tender, but not quite soft. Take them off the fire and put them aside for 10 minutes.

Butter a pie-dish, and put a layer of apples in the bottom. Cover this with bread-crumbs, and proceed to fill the pie-dish with alternate layers, finishing the top with bread-crumbs. Cut your butter into small pieces, and put these on the bread-crumbs. Cover with a buttered paper, and bake carefully in a moderately hot oven.

*Time—*To cook apples, 15 to 20 minutes.

To bake Charlotte, 30 to 40 minutes.

Sufficient for 4 or 5 persons.

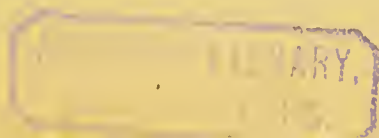
No. 37.—APPLE CHARLOTTE (Very Good).

Ingredients—

1 lb. apples, 8 or 9 slices thin bread and butter, 3 table-spoonfuls raspberry jam, 3 dessert-spoonfuls of sugar.

Method—

Well butter a pudding-basin, and line it with thin bread and butter. Peel, core, and chop the apples. Place a layer at the bottom of the basin, and sprinkle with sugar. Spread over this a spoonful of jam, and cover with bread and butter. Then place another layer of apples, sugar, and jam, and cover again with bread and butter. When the basin is filled, tie a buttered paper over the top, and bake carefully in a moderate oven for rather more than an



hour. Turn the Charlotte on to a dish, sprinkle over with sifted sugar, and serve.

Time—1 hour.

Sufficient for 3 or 4 persons.

No. 38.—APPLE CHEESE CAKES.

Ingredients—

$\frac{1}{2}$ lb. apples, 4 oz. sugar, 2 oz. butter, 2 eggs, the rind and juice of $\frac{1}{2}$ a lemon, 1 dessert-spoonful water. Paste No. 403, or No. 400, made with 8 oz. flour, and other ingredients in proportion.

Method—

Pare and core the apples, and cut them into quarters. Boil them with the sugar and water until they become a smooth marmalade. Take them off the fire and leave them until lukewarm. Then beat in the lemon juice and grated rind and the butter, which must be melted.

Beat the eggs thoroughly, and strain them slowly into the mixture, beating all the time, and continue beating for 2 minutes. Line some patty pans with the paste. Put some of the mixture in each, and bake in a moderately quick oven.

Time—20 to 30 minutes.

Sufficient for 12 cheese cakes.

No. 39.—APPLE CUSTARD.

Ingredients—

$1\frac{1}{2}$ lbs. apples, 6 oz. sugar, 1 table-spoonful water, strained juice of $\frac{1}{2}$ a lemon, 1 pint milk, 3 eggs, 2 oz. pounded sugar.

Method—

Pare, core, and slice the apples, and stew them with the sugar, water, and lemon juice to a smooth marmalade, which put in the bottom of a pie-dish. Beat and strain the eggs, and add to them the milk and pounded sugar. Stir well together, pour the mixture

on to the apples, and bake in a gentle oven.

Time—To stew apples, about 30 minutes.

To bake custard, 25 to 35 minutes.

Sufficient for 5 or 6 persons. Use a dish which will hold $1\frac{1}{2}$ pint.

No. 40.—APPLE CUSTARD (Another Recipe).

Ingredients—

$1\frac{1}{2}$ lbs. apples, 6 oz. sugar, 1 table-spoonful water, 2 oz. butter, 3 eggs, juice of 1 lemon.

Method—

Pare, core, and slice the apples. Put them with the sugar and water into a saucepan, and boil them together until they become a thick, smooth pulp. Beat and strain the eggs, and add them gradually to the apples with the butter and lemon juice, stirring them well. Beat all together until thoroughly mixed. Then pour the mixture into a pie-dish, and bake carefully in a moderate oven.

Time—To cook apples, about 25 minutes.

To bake custard, 40 minutes.

Sufficient for 4 or 5 persons.

No. 41.—APPLE CUSTARD TART.

Ingredients—

$1\frac{1}{2}$ lbs. apples, 5 oz. sugar, 1 table-spoonful water, crust No. 403, made with 6 oz. flour, and other ingredients in proportion, $\frac{1}{2}$ pint of boiled custard.

Method—

Pare, core, and quarter the apples, and boil them with the sugar and water until they are reduced to a smooth pulp.

Line an oval tart tin with crust, and fill the centre with the apple mar-

malade. Bake the tart in a moderately quick oven, and when cooked slip it off the tin on to a dish. Have ready $\frac{1}{2}$ pint of cold custard, and cover the apples with this. Serve cold.

Time—To boil apples, 30 to 40 minutes.

To bake tart, 20 to 30 minutes.

Sufficient for 5 or 6 persons.

No. 42.—APPLE DUMPLINGS (Plain).

Ingredients—

6 apples, sugar to taste, paste No. 402, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Pare and core the apples. Fill the cavities with moist sugar. Cover each apple neatly with paste, moistening the edges with a little water to make them stick. Place them on a tin and bake in a moderately quick oven.

Time—30 to 40 minutes.

Sufficient for 6 dumplings.

No. 43.—APPLE DUMPLINGS (Very Fine).

Ingredients—

6 apples, 2 table-spoonfuls apricot jam. Paste No. 403, made with $\frac{3}{4}$ lb. flour, and the other ingredients in proportion.

Method—

Pare and core the apples without dividing them. Cut the paste into 6 pieces of equal size. Roll out a piece until it is about 6 inches square, and round off the corners with your knife. Put one of the apples on it, filling the cavity in the fruit with the jam. Close the paste carefully over, just moistening the joins with a very little water to make them stick. Turn the dumpling upside down on to a baking tin, so that the top is smooth and round, and

the joins of the paste come at the bottom. Proceed in exactly the same manner until all the dumplings are made. Bake them in a moderate oven for about $\frac{1}{2}$ an hour. The apricot jam imparts a delicious mellowness to the apples, and renders the addition of sugar unnecessary.

Time—30 to 35 minutes.

Sufficient for 6 dumplings.

No. 44.—APPLE DUMPLINGS (Boiled).

Ingredients—

6 apples, 2 table-spoonfuls marmalade, Crust No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Divide the paste into 6 equal portions, and roll each out until of sufficient size to enclose an apple. Pare and core the apples without dividing them. Place them in the centre of the pieces of paste. Fill the cavities with marmalade, and fold the paste neatly round the apple. Tie each separately in a small, very clean cloth, and put them into boiling water. Serve very hot with sifted sugar handed round.

Time—45 minutes.

Sufficient for 5 or 6 persons.

No. 45.—APPLE FRITTERS.

Ingredients—

3 or 4 large apples, batter No. 123, some sifted sugar, fat for frying.

Method—

Prepare the batter two or three hours before it is required, and set it aside in a cool place.

Pare and core the apples, and cut each one into 4 or 5 thick slices. Dip the slices one by one into the batter, and see that they are perfectly coated,

then arrange in a frying-basket. Have ready sufficient boiling fat to cover them, into which plunge the basket, and leave it until the fritters are a nice brown.

Take them up and lay them on kitchen paper to absorb the grease. Then sprinkle with sifted sugar, and serve very hot.

Time—About 5 minutes.

Sufficient for 12 or 15 fritters.

No. 46.—APPLE JAM.

Ingredients—

6 lbs. apples, 3½ lbs. preserving sugar, strained juice of 2 lemons.

Method—

Pare, core, and slice the apples. Put them in a large jar, and stand this in a saucepan of boiling water. Stew the apples in this way until they are quite tender, then turn the fruit into a preserving-pan, add the sugar, broken into small lumps, and set it over the fire. Stir occasionally until all the sugar is melted, then boil rapidly for 25 minutes, stirring constantly, and removing all scum as it comes to the surface. Put in the lemon juice, boil for another 5 minutes, try a little jam on a plate, and as soon as it sets pour into pots at once.

Time—To stew apples, 2½ to 3 hours. To simmer jam, about 30 minutes.

Sufficient for 8 lbs. of jam.

No. 47.—APPLE JELLY.

Ingredients—

9 lbs. apples, 4 quarts water, 4½ lbs. sugar, the strained juice of 3 lemons.

Method—

Pare, core, and quarter the apples. Put them in a preserving-pan with the water, and boil together until the fruit is quite tender, and forms a smooth, but not thick, pulp. Strain this through a

jelly-bag or fine sieve, and, should the juice not look clear, strain a second time.

Return the juice to the saucepan, and boil it rapidly for 20 minutes, add the sugar, and continue boiling for 15 minutes, stirring all the time, and removing carefully any scum which may arise from the sugar. Add the lemon juice, and boil for another 5 minutes, or until a little of the jelly, poured on a plate, will set.

Time—To cook apples, about 45 minutes.

To boil juice, altogether about 40 minutes.

Sufficient for 6 lbs. of jelly.

No. 48.—APPLE JELLY (Mould of).

Ingredients—

2 lbs. apples, 1 quart cold water, 1 oz. isinglass, the juice of 2 lemons, the rind of 1, the whites and shells of 2 eggs, 5 oz. sugar.

Method—

Put the water in a lined saucepan. Pare, core, and quarter the apples, and throw them, as they are done, into the saucepan, to prevent them becoming discoloured. Boil them very gently for about $\frac{3}{4}$ of an hour, until quite tender, taking care to reduce the juice as little as possible. Turn the apples into a jelly-bag, and strain the juice from them without pressure; it will take some time to run through. Put the strained juice in a fresh saucepan, with the isinglass, sugar, lemon juice, and rind, and the whites and shells of the eggs. Bring all to boiling point, stirring occasionally; take out the spoon and let simmer for 10 minutes, then strain again through the jelly-bag. If the jelly does not look quite clear and bright, strain a second time. Pour into a wetted mould, and set aside to become firm.

Sufficient for 1½-pint mould.

No. 49.—APPLE PUDDING (Baked).

Ingredients—

1 lb. apples, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ pint water, 2 oz. butter, 1 oz. breadcrumbs, the rind and juice of 1 lemon, 3 eggs.

Method—

Pare, core, and slice the apples, and stew them with the sugar and water until they form a smooth marmalade. Take them off the fire, let them cool slightly, and mix them in a basin with the butter, breadcrumbs, lemon juice, and rind. Beat and strain the eggs, and add them to the mixture, stirring all well together; then pour into a pie-dish, and bake in a moderate oven. The pudding should be lightly browned on top and fine throughout.

Sprinkle with sifted sugar, which should also be served with it.

*Time—*To stew apples, 30 to 40 minutes.

To bake pudding, about 35 minutes.

Sufficient for 3 or 4 persons.

No 50.—APPLE PUDDING (Boiled).

Ingredients—

Crust No. 396, or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion, 6 or 8 apples, 3 oz. moist sugar, 1 table-spoonful water, the juice of $\frac{1}{2}$ a lemon.

Method—

Well butter a pudding-basin, and line it with paste $\frac{1}{3}$ of an inch in thickness. Pare, core, and slice the apples, and fill the basin with them, add the sugar, lemon juice, and water. Make a neat cover of paste, the same thickness as the lining, and fit it in carefully, pinching the edges together. Tie down very securely with a floured pudding-cloth, and plunge the pudding into boiling water, with which it must be kept covered the whole time of cooking.

*Time—*With butter crust, 3 hours.

If suet is used, 4 hours.

Sufficient for 5 or 6 persons.

No. 51.—APPLE SAUCE.

Ingredients—

$\frac{3}{4}$ lb. apples, 1 table-spoonful water, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. sugar.

Method—

Pare, core, and slice the apples, put them in a delicately clean saucepan with the water, and stew them as gently as possible, until they form a smooth pulp. When they are quite tender draw the saucepan to the side of the fire, and add the sugar and butter, stirring until they are melted.

The sauce is then ready to serve, and must not be allowed to boil after the butter is added.

*Time—*35 to 45 minutes.

Sufficient for 5 or 6 persons.

No. 52.—APPLE SAUCE (Very Fine).

Ingredients—

$\frac{3}{4}$ lb. apples, $\frac{1}{4}$ pint brown sauce, No. 217, 6 black peppercorns.

Method—

Pare, core, and slice the apples, and put them in a lined saucepan with the brown sauce and peppercorns. Stew all together, stirring occasionally, until the apples form a smooth pulp. Pick out the peppercorns, rub the sauce through a fine sieve, and serve very hot.

*Time—*About 1 hour.

Sufficient for 5 or 6 persons.

No. 53.—APPLE SAUCE (Baked).

Ingredients—

$\frac{3}{4}$ lb. apples, 1 table-spoonful water, $\frac{1}{2}$ oz. sugar, $\frac{1}{2}$ oz butter.

Method—

Pare, core, and slice the apples, put them with the water into a small jar, cover closely, and bake in a moderate oven until the apples are reduced to a

smooth pulp. Then add the butter and sugar, stirring until they are melted, and serve very hot.

Time—About 1 hour.

Sufficient for 5 or 6 persons.

No. 54.—APPLE SNOW.

Ingredients—

1½ lbs. apples, 6 oz. sugar, 1 table-spoonful water, the juice of ½ a lemon, the whites of 3 eggs.

Method—

Pare, core, and slice the apples, and boil them with the sugar, water, and lemon juice until they are quite tender. While still hot beat them to a smooth pulp, then set them aside until quite cold.

Whisk the whites of the eggs to as stiff a froth as possible. Stir in the apple pulp, a table-spoonful at a time, continue whisking for a few minutes (if possible over ice) until the mixture becomes rather stiff, then arrange it in a silver or glass dish, and it is ready to serve.

Time—To cook apples, about 35 minutes.

Sufficient for 5 or 6 persons.

No. 55.—APPLE TART.

Ingredients—

2 lbs. apples, 6 oz. sugar, 1 table-spoonful water, the juice of ½ a lemon, crust No. 403, or No. 400, made with 8 oz. flour, and other ingredients in proportion.

Method—

Pare, core, and quarter the apples, and arrange them compactly in a pie-dish, building them up in a dome shape in the centre, and putting some sugar between each layer, then pour over them the lemon juice and water. Cut a thin strip of paste and lay it round the edge of the dish. Roll out the cover, place it on top, and orna-

ment the edges neatly. Bake the tart in a moderate oven, covering the top with a buttered paper should it seem inclined to take too much colour. When cooked, sift sugar thickly on it, and send sifted sugar and cream with it to table.

Time—30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 56.—APPLE TART à la CRÈME.

Ingredients—

2 lbs. apples, 6 oz. sugar, 1 table-spoonful water, the juice of ½ a lemon, crust No. 403, or No. 400, made with ½ lb. flour, and other ingredients in proportion, ½ pint cream.

Method—

Make an apple tart according to preceding recipe. When cooked, carefully cut out the centre of the cover, leaving about 2 inches of paste round the dish. Set it aside to cool. When cold, whip the cream and heap it on the middle, entirely covering the apples. Sprinkle the remaining band of pastry with sifted sugar.

This dish may also be served hot, with ½ pint of thick boiled custard poured on hot, instead of the cream. It should then be served immediately it is ready.

Time—30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 57.—APPLE TRIFLE.

Ingredients—

1½ lbs. apples, 5 oz. sugar, 2 table-spoonfuls water, ½ pint cold boiled custard, No. 419, ¼ pint cream, 1 oz. ratafias, 1 oz. Jordan almonds.

Method—

Pare, core, and quarter the apples, and stew them with the sugar and water until tender. Let them cool, and then lay them at the bottom of a silver or glass dish, pour on the custard, and

cover this with the cream, which should be whipped and laid on, a spoonful at a time, so that the entire surface is neatly covered. Decorate with spikes of blanched almonds all over the trifle, and a ring of ratafias round the edge.

Time—To cook apples, about 40 minutes.

Sufficient for 4 or 5 persons.

No. 58.—APRICOTS (To Dry).

Ingredients—

3 lbs. apricots, $2\frac{1}{2}$ lbs. pounded sugar.

Method—

Halve and stone the apricots; put them in a deep dish, and strew the sugar on them. Let them remain all night. In the morning turn the fruit and sugar into a preserving-pan, and let them simmer until the fruit is tender. They must not be allowed to boil, or the fruit will mash.

When they are done, turn them into a basin, and set them aside in their syrup for three days. Then carefully lift out the apricots, drain them, and set them on a dish, taking care not to let them touch each other until quite dry.

Time—To simmer the apricots, 6 to 10 minutes.

No. 59.—APRICOTS (Compôte of).

Ingredients—

8 or 10 apricots, $\frac{1}{2}$ lb. loaf sugar, 1 pint water.

Method—

Put the sugar and water into a pan and bring to the boil, skim carefully, and let it boil rapidly for 5 minutes. Halve the apricots and remove the kernels. Draw back the pan, and put in the apricots, then simmer gently for 15 minutes. Take out the apricots carefully, and arrange in a dish. Boil

up the syrup until sufficiently reduced; let it cool, pour it over the apricots, and set them aside to become quite cold.

Time—To boil syrup, altogether about 15 minutes.

To simmer apricots, 15 to 18 minutes.

Sufficient for 3 or 4 persons.

No. 60.—APRICOTS (Green, Stewed).

Ingredients—

1 lb. green apricots, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint water.

Method—

When the young fruit is being thinned, the apricots picked may be made into an agreeable dish as follows:

Boil the sugar and water together for 10 minutes. Wipe the down from the apricots, halve them, and put them in the syrup. Simmer gently until tender.

Time—20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 61.—APRICOT CHARLOTTE.

Ingredients—

12 Savoy biscuits, the white of 1 egg, 6 apricots, $\frac{1}{2}$ pint water, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ oz. isinglass, $\frac{1}{2}$ pint cream.

Method—

Make a case of sponge finger biscuits, as directed for Charlotte Russe in Recipe No. 296. Peel, halve, and stone the apricots, and stew them with the sugar and water until they are sufficiently tender to rub through a sieve. Melt the isinglass in the smooth, thick syrup thus produced, and set it aside to cool. As soon as the syrup is cool, and before it begins to set, add it to the cream (which should be whipped as stiffly as possible), a spoonful at a time, beating well together. Continue beating for 3 or 4 minutes—in summer,

over ice if possible. Pour the mixture into the Charlotte mould, and set it aside in a cool place to stiffen.

Tinned apricots may be used for this recipe. They will probably not require to be boiled: a $\frac{1}{2}$ pint of their syrup should be made hot in a small saucepan, and the isinglass melted in it. This should be poured on the apricots, and the whole passed through a sieve, after which proceed exactly as above.

Time—To stew apricots, 20 to 30 minutes.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 62.—APRICOT CREAM.

Ingredients—

8 apricots, 6 oz. sugar, 1 table-spoonful water, juice of $\frac{1}{2}$ a lemon, $\frac{3}{4}$ pint milk, 3 eggs, $\frac{3}{4}$ oz. isinglass, $\frac{1}{4}$ pint cream.

Method—

Cut the apricots into quarters, and put them with the sugar, lemon juice, and water into a lined saucepan, cook them until very tender, then rub them through a fine sieve with a wooden spoon. Soak the isinglass in the milk for 5 minutes, and then heat the milk until the isinglass is quite dissolved. Beat and strain the eggs, add to them the hot milk, and return all to the saucepan. Stir over the fire until it has thickened as for custard, then mix it with the apricots; rub the mixture through a fine sieve, and set it aside until it is lukewarm. Then whip the cream to a stiff froth, add the custard by degrees, and continue beating until they are perfectly mixed. Pour the cream into a well-wetted mould, and put it in a cool place to become firm.

Time—To cook apricots, 20 to 30 minutes.

To boil custard, 10 to 15 minutes.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 63.—APRICOT JAM.

Ingredients—

6 lbs. ripe apricots, 4 lbs. sugar.

Method—

Stone and skin the apricots, and boil them for 45 minutes, keeping them well stirred to prevent them burning to the bottom of the saucepan. Then add the sugar, broken into small lumps, to the boiling fruit, and carefully remove all scum as it rises. Boil again for 15 minutes, and then try a little marmalade on a plate. If it sets, take it off the fire at once, fill pots, and tie them down while the jam is still hot. Should it not set immediately, it must be boiled a few minutes longer.

Time—Altogether, rather more than 1 hour.

Sufficient for 8 lbs. of jam.

No. 64.—APRICOT JAM (Another Recipe).

Ingredients—

6 lbs. ripe apricots, $4\frac{1}{2}$ lbs. pounded preserving sugar.

Method—

Skin the apricots, stone them (setting aside half the stones), and cut them into quarters. Put them in a large earthenware pan with the sugar, in alternate layers of sugar and fruit. Leave them for several hours. Then crack the reserved stones, blanch and halve the kernels, and add them to the apricots. Turn the whole into the preserving-pan, and boil rapidly for 30 minutes. Stir it constantly, and remove all scum as it rises. Try a little on a plate, and as soon as it sets pour into pots at once, and tie down whilst hot.

Time—To leave apricots, 6 to 12 hours.

To boil jam, 30 to 40 minutes.

Sufficient for 8 lbs. of jam.

No. 65.—APRICOT JAM (Made with Preserved Pulp).

Ingredients—

An 11-lb. tin apricot pulp, 8 lbs. sugar.

Method—

Turn the apricot pulp into the preserving-pan with the sugar, and boil it rapidly. Stir constantly and remove the scum carefully as it rises. Try a little on a plate, and when it sets pour into pots, and tie down whilst hot.

*Time—*30 to 40 minutes.

Sufficient for 14 lbs. of jam.

No. 66.—APRICOT JELLY.

Ingredients—

12 apricots, the juice of 1 lemon, 1 $\frac{3}{4}$ pints water, $\frac{3}{4}$ lb. sugar, 1 oz. isinglass.

Method—

Boil the sugar and water for 20 minutes until they form a clear syrup. Pare, stone, and slice the apricots, put them into the boiling syrup, and simmer them gently for 15 or 20 minutes. Put the isinglass in a small saucepan, pour $\frac{1}{4}$ pint of the syrup on it, and heat over the fire until the isinglass is melted, then add it to the remaining syrup and apricots. Turn the whole into a jelly-bag, and if it does not run through quite clear, pass it through a second time. Pour into a well-wetted mould, and set aside (on ice if possible) until set.

*Time—*Altogether, about 45 minutes.

Sufficient for 1 $\frac{1}{2}$ -pint mould.

No. 67.—APRICOT PUDDING (Baked).

Ingredients—

9 apricots, 1 table-spoonful water, 1 pint milk, 2 oz. breadcrumbs, 4 oz. pounded sugar, 3 eggs.

Method—

Put the breadcrumbs and 2 oz. sugar into a basin. Bring the milk to the boil, and pour it on to them. Set this aside to cool. Peel, stone, and quarter the apricots, and simmer them with the remaining 2 oz. sugar and the water until tender, when turn into a pie-dish which will hold 1 $\frac{1}{2}$ pints. Beat and strain the eggs, and add them to breadcrumbs and milk, stirring well together. Pour the mixture on to the apricots, and bake in a moderate oven.

*Time—*40 to 45 minutes.

Sufficient for 5 or 6 persons.

No. 68.—APRICOT PUDDING (Baked —Another Recipe).

Ingredients—

6 apricots, 2 table-spoonfuls water, 6 oz. pounded sugar, 3 sponge cakes, 2 eggs, $\frac{1}{2}$ pint milk.

Method—

Put 4 oz. of the sugar into a saucepan, and boil it with the water for 5 minutes. Pare, halve, and stone the apricots, and stew them in the water until tender, then lay them aside until cool. Cut the sponge cakes into quarters, and lay half the pieces at the bottom of a pie-dish. Arrange the apricots on them, and pour over 2 table-spoonfuls of the syrup they were cooked in. Cover with the remainder of the sponge cakes. Beat and strain the eggs, add to them the milk and the remaining 2 oz. sugar, and pour the mixture on the cakes. Let the pudding stand for $\frac{1}{2}$ an hour, then bake carefully in a moderate oven.

*Time—*To cook apricots, 15 to 20 minutes.

To bake pudding, about 30 minutes.

Sufficient for 5 or 6 persons, 1 $\frac{1}{2}$ -pint pie-dish.

No. 69.—APRICOT PUDDING (Made with Jam).

Ingredients—

$\frac{1}{2}$ lb. apricot jam, 4 sponge cakes, 1 pint milk, 3 eggs, 3 oz. sugar.

Method—

Butter a $1\frac{1}{2}$ -pint pie-dish. Split open the sponge cakes, put a layer of jam between each, and lay them in the dish. Beat and strain the eggs, and add them with the sugar to the milk, mixing all well together. Pour the mixture on to the sponge cakes, and let the pudding stand for $\frac{1}{2}$ an hour. Then bake in a moderate oven.

*Time—*About 30 minutes.

Sufficient for 5 or 6 persons.

No. 70.—APRICOT PUDDING (Boiled).

Ingredients—

$\frac{1}{2}$ lb. apricot jam, 4 sponge cakes, 2 oz. ratafias, 1 pint milk, 3 eggs, 3 oz. sugar.

Method—

Butter a mould, and lay in the sponge cakes, which must be split open, and have a layer of jam in each. Crumble the ratafias, and sprinkle them on the cakes. Beat and strain the eggs, add them to the milk and sugar, and pour the mixture into the mould. Let it stand for 30 minutes, then put a buttered paper over all, close the mould and boil or steam the pudding carefully. When done, let it stand for 5 minutes, then turn it out and serve quickly.

*Time—*To cook pudding, 1 hour.

Sufficient for 5 or 6 persons.

No. 71.—APRICOT JAM PUFFS.

Ingredients—

$\frac{1}{4}$ lb. feuilletage paste, No. 904, $\frac{1}{4}$ lb. apricot jam, the white of 1 egg.

Method—

Divide the paste into 6 portions, and roll each of these into a square, about 4 inches across. Put a small spoonful of jam not quite in the centre. Brush the edge of the paste with white of egg, and fold over the paste, corner to corner, to form a triangle. Brush the top of each puff with white of egg, sift on sugar thickly, and bake in a rather quick oven. The paste should be very thin or the puffs will not be sufficiently light.

*Time—*15 to 20 minutes.

Sufficient for 6 puffs.

No. 72.—APRICOT TART.

Ingredients—

10 or 12 apricots, 6 oz. sugar, 2 table-spoonfuls water, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Halve the apricots and remove the kernels, place them in a pie-dish with the sugar and half a tea-cupful of water.

Cut a thin strip of paste to line the edge of the dish, roll out the cover, put it on, and ornament the edge neatly. Bake in a moderately quick oven, and cover the tart with a buttered paper if inclined to burn.

*Time—*30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 73.—APRICOT FRUIT TARTLETS.

Ingredients—

6 apricots, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint water, the juice of 1 lemon, crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Boil the sugar, water, and lemon juice together for $\frac{1}{2}$ an hour. Pare, halve, and stone the apricots, stew

them in the syrup until quite tender, and set them aside to cool in it.

Line some patty-pans with puff crust, rolled very thin, put a small ball of flour and water paste in each, and bake for about 15 minutes in a moderately quick oven. When done, take them out, remove the balls, put half an apricot in each tartlet, with a very little syrup poured over it. Serve them cold.

Time—15 to 20 minutes.

Sufficient for 12 tartlets.

No. 74.—APRICOT FRUIT TART-
LETS (Very Fine).

Ingredients—

6 apricots, 6 oz. sugar, 2 table-
spoonfuls water, 2 oz. pounded
almonds, 2 oz. castor sugar, the white
of 1 egg. Puff crust No. 400, made
with 8 oz. flour, and other ingredients
in proportion.

Method—

Pare, halve, and stone the apricots, and stew them with the water and sugar until they are quite tender. Let them cool in their syrup. Line some patty-pans with puff paste rolled very thin. Put a small ball of flour and water paste in the centre of each, and bake in a hot oven. When done take out the balls, and put half a stewed apricot in the place of each.

Beat the white of an egg to as stiff a froth as possible. Stir in quickly the pounded almonds and castor sugar, and put a small dessert-spoonful of the mixture on the top of each half apricot. Return the tartlets to the oven, and bake again until they are slightly coloured on top.

Time—To bake pastry cases, 15 to 20 minutes.

To bake tartlets when finished, about 5 minutes.

Sufficient for 12 tartlets.

No. 75.—APRICOT JAM TARTLETS.

Ingredients—

8 oz. jam, crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Butter some patty-pans and line them with paste. Decorate the edges, fill the centres with apricot jam, and bake in a moderate oven.

Time—15 to 20 minutes.

Sufficient for 12 tartlets.

No. 76.—APRICOT JAM TARTLETS (Another Recipe).

Ingredients—

$\frac{1}{2}$ lb. apricot jam, puff crust No. 400, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Roll the paste about $\frac{3}{4}$ inch thick, and stamp out 12 rounds with a 2-inch cutter. Mark a round on the top of each with a 1-inch cutter, and bake them in a quick oven until they appear done. If the paste has been properly made, they will have risen to more than twice their original height.

With the point of a small knife scoop out the soft inside paste, where it is marked with the smaller cutter, leaving about $\frac{1}{2}$ an inch thickness of paste at the bottom. Fill the space with jam, and serve cold.

Time—About 20 minutes.

Sufficient for 12 tartlets.

No. 77.—APRICOT SAUCE (For Puddings).

Ingredients—

1 wine-glassful sherry, 1 table-
spoonful apricot jam, 1 wine-glassful
water, 1 tea-spoonful arrowroot.

Method—

Mix the arrowroot with the jam, and put it with the sherry and water into a small saucepan. Bring it to the boil, stirring all the time, and let it simmer for 3 minutes. Strain it through a fine sieve over or round the pudding it is to accompany, or serve separately in a sauce-boat if preferred.

*Time—*To simmer 3 minutes.

Sufficient for 3 or 4 persons.

No. 78.—ARROWROOT (To Make).*Ingredients—*

1 large tea-spoonful arrowroot, 1 table-spoonful cold water, $\frac{1}{2}$ pint boiling water or milk.

Method—

Mix the arrowroot and water into a smooth paste. Then pour slowly on it the boiling water or milk, stirring all the time. Continue stirring for 30 seconds, and add whatever flavouring is allowed or preferred. A dessert-spoonful of brandy will generally be found the most acceptable.

*Time—*1 minute.

Sufficient for 1 breakfast cup.

No. 79.—ARROWROOT BISCUITS, OR DROPS.*Ingredients—*

3 eggs, 3 oz. flour, 3 oz. arrowroot, 3 oz. sugar, 3 oz. butter.

Method—

Beat the eggs and strain them, then, by degrees, sift in the sugar, flour, and arrowroot, and add the butter, which should be melted but not hot, beating all the time. Drop the mixture on to a buttered baking-tin, a tea-spoonful

at a time, and bake in a moderate oven.

*Time—*15 to 20 minutes.

Sufficient for about 2 dozen biscuits.

No. 80.—ARROWROOT BLANCMANGE.*Ingredients—*

2 table-spoonfuls of arrowroot, $1\frac{1}{2}$ pints milk, the rind of 1 lemon, 2 oz. sugar.

Method—

Put the lemon rind, sugar, and 1 pint of the milk into a saucepan, and bring them to boiling point. Mix the arrowroot smoothly with the remaining $\frac{1}{2}$ pint of milk, and strain the boiling milk into this, stirring all the time. Return all to the saucepan, and continue stirring until sufficiently thickened.

Pour into a well-wetted mould, and set aside in a cool place until quite firm.

*Time—*Altogether, about 20 minutes.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 81.—ARROWROOT CAKE.*Ingredients—*

3 oz. arrowroot, 3 oz. castor sugar, 3 oz. flour, rind of 1 lemon, 4 oz. butter, 4 eggs.

Method—

Beat and strain the eggs, then beat into them by degrees the arrowroot, sugar, flour, and finely-chopped lemon rind. Melt the butter and add it very gradually to the mixture, beating thoroughly all the time. Continue beating for 3 minutes, then pour the mixture into a cake tin, lined with buttered paper, and bake very carefully a nice light brown.

*Time—*About 1 hour.

Sufficient for 1 cake of moderate size.

No. 82.—ARROWROOT CAKES (Small).

Ingredients—

1 oz. arrowroot, 2 oz. flour, 2 oz. castor sugar, rind of $\frac{1}{2}$ a lemon, 2 oz. butter, 2 eggs.

Method—

Beat and strain the eggs, and beat into them by degrees the arrowroot, flour, sugar, and finely-grated lemon rind. Melt the butter and add it very gradually to the mixture, beating all the time. Continue beating for 3 minutes. Butter some patty-pans, and half fill each with the mixture. Bake in a moderate oven.

*Time—*15 to 20 minutes.

Sufficient for 12 small cakes.

No. 83.—ARROWROOT SAUCE (For Puddings).

Ingredients—

1 large tea-spoonful arrowroot, 1 oz. pounded sugar, the juice of 1 lemon, $\frac{1}{2}$ pint water.

Method—

Mix the arrowroot smoothly with the strained lemon juice. Put it in a saucepan with the water and sugar, and stir the mixture until it reaches boiling point. It will then thicken at once and be ready for use.

A wine-glassful of port or sherry is a great improvement to this sauce. The same quantity of water should be omitted.

*Time—*About 10 minutes.

Sufficient for 5 or 6 persons.

No. 84.—ARTICHOKES, GLOBE (Boiled).

Ingredients—

Artichokes, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Wash the artichokes well, and soak them in salted water for 1 or 2 hours to draw out any insects which may be concealed. Cut off the stem and

bottom leaves of each artichoke, until the base shows a white streak, and clip a tiny piece from the tip of each prominent leaf with a sharp pair of scissors. Throw them into boiling water, salted in above proportion, and boil until a leaf can be easily pulled out. Then take them up, lay them on a cloth to drain, and serve very hot. Send melted butter in a sauce-boat to table with them.

*Time—*30 to 45 minutes, according to size.

Allow 1 to each person.

No. 85.—ARTICHOKES à l'ITALIENNE.

Ingredients—

3 artichokes, 1 small onion, 1 table-spoonful claret, 1 table-spoonful salad oil, 1 mushroom, $\frac{1}{2}$ pint brown stock, seasoning pepper and salt, 1 small tea-spoonful arrowroot.

Method—

Wash the artichokes well, and soak them in salt and water for 1 or 2 hours. Take them out, cut them into quarters, trim off the stem, and clip the tips of the leaves. Put them in plenty of fast-boiling water and cook them for 30 minutes. Then lay them on a cloth to drain. Put the oil and wine into a small stewpan and make them hot. Chop the onion and mushroom into very small pieces, and cook them for 4 or 5 minutes in the oil and wine. Then lay in the pieces of artichoke, cover with the stock, and simmer gently over the fire for about 30 minutes until a leaf can be easily pulled out. When ready lift them into a very hot dish. Mix the arrowroot with a table-spoonful of cold stock or water, stir it into the hot stock, and continue boiling for 2 or 3 minutes until the gravy is sufficiently thickened. Add a seasoning of pepper and salt, and strain the sauce over the artichokes. Serve very hot.

*Time—*Altogether, about 1 hour.

Sufficient for 4 or 5 persons.

No. 86.—ARTICHOKES, JERUSALEM
(Boiled).

Ingredients—

2 lbs. artichokes, 1 quart water, dessert-spoonful salt, $\frac{1}{2}$ pint melted butter No. 227.

Method—

Well wash the artichokes, and peel them thinly with a small knife. Put them into a saucepan with rather more than enough cold water to cover them, salted in above proportion. Bring them to the boil, and cook rapidly until tender. Take them up, drain them thoroughly, and turn them into a very hot dish. Cover them with the melted butter, and serve immediately.

*Time—*About 20 minutes.

Sufficient for 5 or 6 persons.

No. 87.—ARTICHOKES, JERUSALEM
(Fried).

Ingredients—

$1\frac{1}{2}$ lbs. artichokes, 1 egg, bread-crumbs.

Method—

Wash and peel the artichokes, put them into boiling water, and boil them for 10 minutes. Then drain them and set them aside to cool. When they are nearly cold, dip them into beaten egg, and cover them with bread-crumbs. Arrange them in a frying-basket, and plunge them into a saucepan of boiling lard. Fry them crisply a nice golden brown. Drain carefully, and serve very hot.

*Time—*To fry, about 5 minutes.

Sufficient for 5 or 6 persons.

No. 88.—ARTICHOKES, JERUSALEM
(Fried in Batter).

Ingredients—

$1\frac{1}{2}$ lbs. artichokes, frying batter No. 123.

Method—

Wash and peel the artichokes, put them into sufficient cold water to cover them, and boil them for 15 minutes; then take them out, and let them drain on a sieve.

Have ready a deep stewpan, half filled with boiling fat, and put the frying-basket in it. When the artichokes are ready, dip them singly into the batter, and then drop them into the boiling fat. Fry them a light golden-brown, and turn the artichokes on to kitchen paper to drain off all the fat. Then serve them immediately on a very hot dish.

*Time—*To fry, about 5 minutes.

Sufficient for 5 or 6 persons.

No. 89.—ARTICHOKES (Mashed with Cream).

Ingredients—

$1\frac{1}{2}$ lbs. artichokes, $\frac{1}{4}$ pint cream, 1 oz. butter, seasoning pepper and salt.

Method—

Boil the artichokes by Recipe No. 86. Drain and mash them, and stir into them the cream and butter. Set them on the fire in a lined saucepan, and simmer gently for 5 or 6 minutes, stirring occasionally. When smooth and thick, add a seasoning of pepper and salt, and serve at once.

*Time—*Altogether, about 25 minutes.

Sufficient for 5 or 6 persons.

No. 90.—ARTICHOKE SALAD.

Ingredients—

$1\frac{1}{2}$ lbs. Jerusalem artichokes, 3 table-spoonfuls salad oil, 1 table-spoonful vinegar, the yolk of 1 hard-boiled egg, seasoning pepper and salt.

Method—

Boil the artichokes by recipe No. 86, and set them aside to become cold. Put the yolk of egg in a basin, with a little pepper and salt, mix part of the oil with it gradually, then the vinegar, and finally the rest of the oil. These should form a smooth, thin sauce. Arrange the artichokes in the dish in which they are to be served, pour the sauce on them, mix them well with it, and put the dish in as cold a place as possible until it is wanted.

This salad should be prepared 2 or 3 hours before it is required for use.

Sufficient for 5 or 6 persons.

No. 91.—ARTICHOKE SOUP (Brown).*Ingredients—*

3 lbs artichokes, 1 quart brown stock, 1 tea-spoonful arrowroot, 1 table-spoonful cold water, seasoning pepper and salt.

Method—

Wash and peel the artichokes, put them in a saucepan with sufficient cold water to cover them, bring them to the boil and cook for 15 minutes. Strain off the water, then add the stock, and cook them again until they are soft enough to mash against the side of the saucepan, when turn them into a fine sieve, and rub them through with a wooden spoon. Return the soup to the saucepan, and add the arrowroot, mixed smoothly with the spoonful of water. Stir constantly until it comes to the boil, and as soon as it is sufficiently thick, add a seasoning of pepper and salt, and serve immediately.

Time—About 40 minutes.

Sufficient for 4 or 5 persons.

No. 92.—ARTICHOKE SOUP (White).*Ingredients—*

3 lbs. artichokes, 1 quart milk, 2 oz. butter, 1 dessert-spoonful flour, seasoning pepper and salt.

Method—

Wash and peel the artichokes, put them in a saucepan with sufficient cold water to cover them, bring them to the boil, and cook them for 15 minutes. Strain off the water and pour the milk (reserving one tea-cupful) on to them. Return the saucepan to the fire, and cook the artichokes until they are soft enough to mash, then mix the flour with the tea-cupful of milk, and stir this into the artichokes. Mash the artichokes against the side of the saucepan, and continue stirring the soup until it is quite thick, then turn it into a fine sieve, and rub it through with a wooden spoon.

Return the soup to the saucepan, add the butter and a seasoning of pepper and salt, make very hot, and serve immediately.

Time—Altogether, about 45 minutes.

Sufficient for 4 or 5 persons.

No. 93.—ARTICHOKE SOUP (White, another Recipe).*Ingredients—*

3 lbs. artichokes, 1 quart veal stock No. 1129, $\frac{1}{4}$ pint cream, seasoning pepper and salt, 1 dessert-spoonful flour.

Method—

Wash and peel the artichokes, put them in a saucepan with sufficient cold water to cover them, bring them to the boil, and cook for 15 minutes. Strain off the water, then add to them the veal stock, return the saucepan to the fire, and cook again until the artichokes are soft enough to mash. Mix the flour with a small quantity of the stock, and stir this into the artichokes. Continue stirring until nicely thickened, mashing the artichokes against the side of saucepan. Turn the whole into a fine sieve, and rub it through with a wooden spoon.

Return the soup to the saucepan,

bring again to the boil, stir in the cream, which must be boiling, season with pepper and salt, and serve immediately.

Time—Altogether, about 40 minutes.

Sufficient for 4 or 5 persons.

No. 94.—ASPARAGUS (Boiled).

Ingredients—

50 heads asparagus, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Scrape the white part of the stems, and cut all the stalks to an even length. Put them to soak in cold water for $\frac{1}{2}$ an hour. Then tie them into 3 or 4 bundles, keeping the heads all one way. Put them into boiling water, salted in above proportion, and let them cook quickly until tender. Do not cover the saucepan. As soon as the asparagus is done, take it up carefully and dish it upon toast, which should be lightly dipped in the water the asparagus was cooked in. Untie the bundles, and lay the asparagus with the heads all one way.

Serve clear melted butter No. 228 separately in a boat.

Time—15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 95.—ASPARAGUS COLD à la CRÈME.

Ingredients—

50 heads asparagus, $\frac{1}{4}$ pint cream.

Method—

Boil the asparagus by Recipe No. 94, and set it aside to cool. When cold, place the dish it is in on ice for at least an hour. Have the cream also on ice for the same length of time.

Half an hour before serving arrange the asparagus neatly in an oval glass dish. Whip the cream until it is thick, but not stiff, pour it over the green tips of the asparagus, being careful that none

is spilt on the white parts of the stalks. Replace the dish on the ice until it is required, then dry the dish on a clean cloth, and send to table as cold as possible.

Sufficient for 5 or 6 persons.

No. 96.—ASPARAGUS TINNED (To Use).

Tinned asparagus must on no account be warmed. It should be lifted out of the tin into a shallow pie-dish filled with cold water, left to soak for 10 or 15 minutes, and then carefully drained. It should then be laid in the dish in which it is to be served, and, if possible, put on ice for 2 or 3 hours before it is sent to table.

Care must be taken in handling it as the points are very easily broken off. Mayonnaise sauce, No. 784, or sauce Argenteuil, should be served separately in a boat.

No. 97.—ASPARAGUS POINTS (Dressed as Peas).

Ingredients—

50 heads young asparagus, 1 quart water, 1 tea-spoonful salt, 1 oz. butter, seasoning pepper and salt.

Method—

Wash and scrape the asparagus, break off the heads in pieces $\frac{1}{2}$ an inch long, as far as they are tender. Have ready a saucepan of fast-boiling water, throw in the asparagus points with a tea-spoonful of salt, and boil them until quite tender. Drain them well, then return them to the saucepan with 1 oz. butter and a seasoning of pepper and salt. Shake them round until the butter is melted, but do not put them on the fire again. Turn them into a very hot

dish, and serve immediately. This is a good way of dressing asparagus when the heads are too small to present a good appearance served whole.

Time—10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 98.—ASPARAGUS PUDDING.

Ingredients—

25 heads asparagus, 3 eggs, $\frac{1}{4}$ lb. flour, 2 oz. ham, 2 oz. butter, 3 table-spoonfuls milk, seasoning pepper and salt.

Method—

Break off the green heads of the asparagus in pieces $\frac{1}{2}$ an inch long, as far as it is tender. Beat and strain the eggs, sift in the flour gradually and add the ham, which must be finely chopped, and the asparagus heads. Mix in the butter, melted, but not hot, little by little, and add the milk and seasoning. Pour the mixture into a well-buttered mould, tie it up carefully, plunge it into boiling water, and take care not to let the water go off the boil until the pudding is done.

This is excellent served with roast meat of any kind.

Time—2 hours.

Sufficient for 4 or 5 persons.

No. 99.—ASPARAGUS (Purée of).

Ingredients—

25 heads asparagus, 3 pints water, 1 tea-spoonful salt, 1 small onion, 2 sprigs parsley, 2 table-spoonfuls cream, 1 oz. fine breadcrumbs, seasoning pepper and salt.

Method—

Scrape and wash the asparagus, cut off the tender green portions of the

stalks, put them into plenty of fast-boiling water with a tea-spoonful of salt, and the onion and parsley, and boil them until quite tender. Pick out the onion and parsley, and drain the asparagus as dry as possible. Put the asparagus in a milk saucepan with the cream and breadcrumbs, season with pepper and salt, and stir all together over the fire until the purée is thick and smooth. Rub it through a fine sieve, return it to the saucepan, make very hot, and serve immediately.

This is delicious served in the centre of lamb or mutton cutlets.

Time—To boil asparagus, 20 minutes.

To cook the purée, about 10 minutes.

Sufficient for 4 or 5 persons.

No. 100.—ASPARAGUS SOUP (Clear).

Ingredients—

50 heads asparagus, 1 quart clear soup No. 1114.

Method—

Prepare the asparagus, as for asparagus peas, by Recipe No. 97. When it is cooked, heat the soup to boiling point. Drain the asparagus peas very dry, and put them into the boiling soup. Simmer for 2 or 3 minutes, and serve immediately.

Sufficient for 4 or 5 persons.

No. 101.—ASPARAGUS SOUP (Thick).

Ingredients—

50 heads asparagus, 1 quart milk, $\frac{1}{4}$ pint cream, 2 oz. butter, seasoning pepper and salt.

Method—

Wash and scrape the asparagus, and cook it in plenty of boiling water until quite tender. Lift it out and lay it in a lined saucepan, pour in the milk, bring it gently to boiling point, and let it simmer for 15 minutes. Turn

the soup into a fine sieve, and rub it through with a wooden spoon. Return the soup to the saucepan, add the cream and butter, and simmer again for 4 or 5 minutes. Add a seasoning of pepper and salt, and serve immediately very hot.

Time—Altogether, about 45 minutes.

Sufficient for 5 or 6 persons.

No. 102.—ASPIC.

Ingredients—

1 calf's foot, $\frac{1}{2}$ lb. beef, $\frac{1}{2}$ lb. knuckle of veal, 4 oz. ham, 1 carrot, 1 small onion, $\frac{1}{2}$ tea-spoonful salt, 10 peppercorns, a sprig of parsley, 1 oz. butter, 1 quart cold water. For clearing, the whites and shells of 2 eggs.

Method—

Chop the ham and onion into small pieces, put them with the butter in a stewpan, and let them fry for 3 minutes. Cut up the beef and veal into small pieces, slice the carrot, and add these with the seasonings to the ham. Cut the calf's foot into 5 or 6 pieces and put it in the stewpan. Pour in the water and let the stock come slowly to the boil. Draw the pan aside and simmer gently for 4 hours, then strain through a sieve and set aside for some hours to become quite firm. Then take all the fat off the jelly with a spoon, and put the stock in a saucepan over a gentle fire. As soon as it is melted add the whites and crushed shells of 2 eggs, which should first be lightly beaten in a basin with a table-spoonful of cold water. Bring it to a boil, stirring occasionally until it simmers, but not afterwards. Let it simmer for 8 minutes untouched. Strain it through a jelly-bag, or fine cloth, and as soon as set it is ready for use. It should be as clear as sherry.

Many small things are set in aspic, for which directions will be found under their headings. If the aspic

is required simply for garnishing, it should be poured into a slightly-buttered shallow dish whilst still liquid. When set it should form a layer $\frac{1}{2}$ an inch thick, which can be cut into croûtons and fancy shapes, and may be appropriately used for garnishing almost all cold luncheon and supper dishes. If desired $\frac{1}{2}$ a wine-glass of good vinegar may be added just before the stock is cleared.

No. 103.—BACON (Boiled).

Ingredients—

2 to 3 lbs. of back of bacon, water.

Method—

Soak the bacon in warm water for 2 hours. Then scrape the under side and rind as clean as possible. Put it in a saucepan, cover it with cold water, and bring it to the boil. Remove all scum as it rises, and let it simmer very gently until thoroughly cooked. Take it up, strip off the skin, and sprinkle thickly with sifted bread raspings. Serve immediately.

When cold this forms an excellent breakfast dish.

Time—About 2 hours.

Sufficient for 5 or 6 persons.

No. 104.—BACON (Broiled Rashers of).

Ingredients—

6 or 8 rashers of bacon.

Method—

Cut the bacon into rather thin rashers, arrange them on the gridiron, and broil them carefully in front of, rather than over, a very clear fire.

Where a gas-cooker is used this dish can be cooked to perfection under the grill or toaster, but care must be taken not to let the bacon burn. Turn each rasher constantly, and dish as soon as cooked on a very hot plate.

Time—3 to 5 minutes.

Sufficient for 4 or 5 persons.

No. 105.—BACON (To Cure and Keep Free from Rust—Cobbett's Recipe).

"The two sides that remain, and which are called flitches, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then placed one on the other, the flesh sides uppermost, in a salting-trough, which has a gutter round its edges to drain away the brine, for, to have sweet and fine bacon, the flitches must not be sopping in brine, which gives it the sort of vile taste that barrel and sea pork have. Every one knows how different is the taste of fresh, dry salt from that of salt in a dissolved state. Therefore change the salt often—once in four or five days—let it melt and sink in, but not lie too long; twice change the flitches, put that at the bottom which was first on top. This mode will cost you a great deal more in salt than the sopping mode, but without it your bacon will not be so sweet and fine nor keep so well. As for the time required in making your flitches sufficiently salt, it depends on circumstances. It takes a longer time for a thick than a thin flitch, and longer in dry than in damp weather, or in a dry than in a damp place; but for the flitches of a hog of five score (a score is a weight of 20 lbs.), in weather not very dry or damp, about six weeks may do; and as yours is to be fat, which receives little injury from over-salting, give time enough, for you are to have bacon until Christmas comes again. The place for salting should, like a dairy, always be cool, but well ventilated; confined air, though cool, will taint meat sooner than the mid-day sun accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary. First, to hang the flitches where no rain comes down upon them; and next, that the smoke must proceed from *wood*, not peat, turf, or coal. As to the time required to smoke a flitch, it depends a good deal upon

whether there be a constant fire beneath, and whether the fire be large or small. A month will do if the fire be pretty constant and rich, as a farmhouse fire usually is; but over-smoking, or rather too long hanging in the air, makes the bacon rust; great attention should therefore be paid to this matter. The flitch ought not to be dried up to the hardness of a board, and yet it ought to be perfectly dry. Before you hang it up, lay it on the floor, scatter the flesh side pretty thickly over with bran, or with some fine sawdust (not of deal or fir); rub it on the flesh, or pat it well down upon it. This keeps the smoke from getting into the little openings, and makes a sort of crust to be dried on. To keep the bacon sweet and good, and free from hoppers, sift fine some clean and dry wood ashes. Put some at the bottom of a box or chest long enough to hold a flitch of bacon. Lay in one flitch, then put in more ashes, then another flitch, and cover this with 6 or 8 inches of the ashes. The place where the box or chest is kept ought to be dry, and, should the ashes become damp, they should be put in the fire-place to dry, and when cold put back again. With these precautions the bacon will be as good at the end of the year as on the first day."

No. 106.—BACON AND EGGS.

Ingredients—

8 or 10 rashers of rather lean back of bacon, 6 eggs.

Method—

Fry the bacon crisply, turning each rasher 2 or 3 times, and dishing it as soon as cooked. Poach the eggs as neatly as possible, and let each lie on a piece of bacon, taking care not to break the yolks of the eggs in dishing them. Serve very hot.

*Time—*To fry bacon, 3 to 5 minutes. To poach eggs, 3 minutes.



No. 107.—BACON (Fried Rashers of).*Ingredients—*

5 or 6 rashers of bacon if streaky,
8 or 9 if back.

Method—

Cut the rashers rather thin, and, if a long piece of streaky bacon is used, halve them. Put them in a perfectly clean frying-pan over a nice clear fire. Turn each piece constantly, and directly it is done put it on a hot dish. When all are ready send quickly to table. This dish should be served very hot.

*Time—*3 to 5 minutes.

Sufficient for 4 or 5 persons.

No. 108.—BAKING (Remarks on).

Baking is a method of cooking which requires a certain amount of skill and much care. It is most important to have the oven at the right heat. To ascertain whether the oven is hot enough to bake satisfactorily, one or two simple tests may be employed.

The most usual is to try with the hand. The oven should be so hot that the hand cannot be comfortably borne in it for more than half a minute. Should the oven only feel warm to the hand, it is not hot enough, whereas, if the oven is so hot as to be almost unbearable to the hand, it will be too hot for use, and the door must be left open for a few minutes before anything is put into it.

Another way is to put a small piece of bread on the top shelf, if the bread becomes crisp and slightly coloured in two or three minutes, the oven may with safety be used.

One of the most frequent causes of failure in baking is neglecting to keep the fire well made up. The decreasing heat fails to penetrate the meat or cakes, and joints browned outside but uneatably underdone within, or cakes

a half-cooked mass of dough in the centre, are the result.

Bread requires a hot oven with a well-kept-up bottom heat or the bread will not rise evenly, therefore ordinary kitchen ovens are not well adapted to the baking of bread, as the oven being much hotter on the side nearest the fire, the bread will rise more on that side, and the loaves require careful watching and turning to overcome that disadvantage. It is easier to bake small loaves than large, so that it is always desirable for an inexperienced bread maker to form her dough into loaves of 1 lb. or $1\frac{1}{2}$ lbs. weight.

Cakes should be put into a moderately quick oven, unless they are very large, when a thoroughly hot oven is absolutely necessary. All cakes must be very thoroughly cooked, and should be pierced with a small skewer before they are finally removed from the oven. If any of the cake mixture adheres to the skewer, the cakes must be put back for a few minutes and tried again. When the skewer comes out perfectly clean and bright, it is a sure sign that the cakes are cooked through. A buttered paper should be laid on the cakes as soon as they are browned on the top to preserve them from acquiring too much colour.

Pies and tarts should be of a clear golden colour when done, and must also be covered with a buttered paper as soon as the crust begins to take colour. As soon as the crust is sufficiently done, the pie should be put on the lower shelf of the oven to finish cooking. Meat, poultry, and game require a good soaking heat, and should be constantly basted or they will be dry and hard.

No. 109.—BAKEWELL PUDDING.*Ingredients—*

$\frac{3}{4}$ lb. apricot (or other) jam, 3 eggs,
3 oz. sugar, 3 oz. butter.

Method—

Spread the jam at the bottom of a pie-dish. Beat and strain the eggs, mix the sugar with them, and gradually add the butter, which must be melted but not hot. Beat all well together, pour the mixture on to the jam, and bake in a moderate oven.

*Time—*40 minutes.

Sufficient for 3 or 4 persons.

No. 110.—BAKEWELL PUDDING
(Another Recipe).

Ingredients—

4 oz. breadcrumbs, $\frac{3}{4}$ lb. jam, $\frac{3}{4}$ pint milk, 3 eggs, 2 oz. sugar, 3 oz. butter.

Method—

Put the breadcrumbs at the bottom of a $1\frac{1}{2}$ -pint pie-dish. Spread over them a layer of jam. Beat and strain the eggs, add to them the milk, mix the sugar with them, and gradually add the butter, which must be melted but not hot. Beat all well together, pour the mixture into the dish, and bake in a moderate oven.

*Time—*45 minutes.

Sufficient for 3 or 4 persons.

No. 111.—BANBURY CAKES.

Ingredients—

$\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. mixed candied peel, 2 oz. beef suet, 2 oz. pounded macaroons, small pinch mixed spice, chopped rind of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ tea-spoonful salt, short crust, No. 403, made with 12 oz. flour, and other ingredients in proportion.

Method—

Wash and pick the currants, chop the suet finely, cut the candied peel into very small pieces, and crumble the

macaroons. Mix these thoroughly together, and add the lemon rind, spice, and salt. Make the crust, roll it out to a thin sheet, and divide in half.

Spread the mixture evenly on one portion, and cover it with the other. Close the edges carefully, sift sugar over it, and mark it with the back of a knife in divisions, about 3 inches long and 2 wide. Bake the cakes in a moderate oven, and, when quite cooked, cut through the divisions whilst still hot. Set them aside to cool, and serve cold, piled on a silver or glass dish.

*Time—*30 to 35 minutes.

Sufficient for 12 Banbury cakes.

No. 112.—BARBEL (To Dress).

Ingredients—

Barbel, $\frac{1}{2}$ pint claret or port wine, $\frac{1}{2}$ pint brown stock, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup, the juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Wash and clean the barbel, put it into a saucepan of cold water, salted, bring gradually to the boil, and cook until quite tender. Heat the stock and wine in a small saucepan, mix the arrowroot smoothly with the mushroom ketchup, and stir this into the boiling stock and wine, simmer gently until the sauce is nicely thickened, and add the lemon juice, pepper, and salt.

Take up the barbel, drain it as dry as possible, and place it on a very hot dish. Pour the sauce over it, and serve immediately.

*Time—*To boil barbel, 40 to 45 minutes.

To cook sauce, altogether 10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 113.—BARBERRIES (Compôte of).*Ingredients—*

1 lb. barberries, $\frac{3}{4}$ lb. sugar, $\frac{1}{2}$ pint water.

Method—

Boil the sugar and water together in a small copper preserving-pan for 10 minutes.

Lay the barberries in the syrup without picking them from their stalks, and simmer them gently for 15 or 20 minutes. Lift them out carefully, arrange them in a silver or glass dish, let the syrup cool slightly, pour it over them, and serve when cold.

*Time—*To cook barberries, 15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 114.—BARBERRY JAM.*Ingredients—*

6 lbs. ripe barberries, 7 lbs. preserving sugar.

Method—

Remove the stalks from the barberries, and reject any fruit which is not sound. Put them with the sugar, which should be pounded, into a copper preserving-pan, and bring them gently to the boil. Stir constantly, removing all scum as it rises, and continue boiling for $\frac{1}{2}$ an hour. Try a little of the jam on a plate from time to time in the ordinary way, and as soon as it sets immediately the jam is done, and should be poured into pots, and tied down whilst hot.

The acidity of the fruit renders a large proportion of sugar necessary.

*Time—*Altogether, 30 to 40 minutes.

Sufficient for 9 or 10 lbs. of jam.

No. 115.—BARBERRY JELLY.*Ingredients—*

To each pound of barberry juice allow 18 oz. sugar.

Method—

Remove the stalks from the fruit, which must be perfectly ripe; put it in a brown jar with 1 table-spoonful water; bruise the fruit slightly, set the jar in a slow oven, and cook for 2 or 3 hours until the fruit is quite tender. Strain it through a jelly-bag. Weigh the juice, and put it in a copper preserving-pan with 18 oz. sugar to each pound. Boil it quickly for 8 or 10 minutes. Try a little on a plate, and as soon as it sets pour it into small jars, and tie down at once.

This jelly is excellent served with either hare or mutton, instead of red currant jelly.

*Time—*To cook fruit, 2 to 3 hours. To boil syrup, about 10 minutes.

No. 116.—BARLEY GRUEL.*Ingredients—*

1 dessert-spoonful of Robinson's prepared barley, 1 table-spoonful cold water, $\frac{1}{2}$ pint boiling water.

Method—

Mix the barley and cold water into a smooth paste. Pour into this the boiling water, stirring all the time. Turn it into a clean saucepan, and boil for 10 minutes, stirring well. Pour into a breakfast cup, and add sugar and milk to taste.

This gruel is preferred by some invalids to that made with oatmeal. If allowed, a little wine or brandy, added to the gruel immediately before serving, is a great improvement.

*Time—*10 minutes.

Sufficient for 1 person.

No. 117.—BARLEY SOUP.*Ingredients—*

1 quart of bouillon, 2 oz. pearl barley, seasoning pepper and salt.

Method—

Put the barley in a saucepan with 1 quart of cold water, bring it to the boil, and cook for 20 minutes, pour off the water and add 1 quart of boiling bouillon. Let this simmer gently for 1 hour. Season with pepper and salt, and serve very hot.

*Time—*Altogether, 1 hour and 20 minutes.

Sufficient for 3 or 4 persons.

No. 118.—BARLEY SOUP (Another Recipe).

Ingredients—

1 quart brown stock, 4 oz. pearl barley, seasoning pepper and salt.

Method—

Wash the barley, put it in a stewpan with the cold stock, and boil it until it is perfectly tender. Then strain all through a fine sieve, rubbing sufficient of the barley through with a wooden spoon to thicken the soup. Return it to the saucepan, season it with pepper and salt, make very hot, and serve.

*Time—*About 1½ hours.

Sufficient for 3 or 4 persons.

No. 119.—BARLEY SUGAR.

Ingredients—

1 lb. loaf sugar, ½ pint water, the juice of ½ a lemon.

Method—

Boil the sugar and water together until they form a thick syrup, and a small quantity dropped into a basin of cold water sets immediately and will crack between the teeth. As soon as this point is reached, the lemon juice should be instantly added, and the

syrup boiled again to snapping point. Then turn the barley sugar into a well-buttered tin, and set it aside in a cool place until it begins to harden, when cut it into strips, twist 2 of them together to form a twisted stick, and set aside until quite hard and cold.

*Time—*15 to 20 minutes.

Sufficient for 4 or 5 sticks.

No. 120.—BARLEY WATER.

Ingredients—

1 oz. pearl barley, 3 pints water, a strip of thinly-peeled lemon rind, 1 or 2 lumps of sugar.

Method—

Boil the barley in 1 pint of water for 10 minutes. Pour off this water and add 2 pints of fresh hot water to the barley. Put in the lemon rind, and let it boil quickly for 35 minutes. Pour it into a quart jug, add the sugar, and let it stand until quite cold. Strain off the clear liquid into a clean jug, and it is ready for use.

*Time—*To cook altogether, about 45 minutes.

To let stand, 6 hours.

Sufficient for 1½ pints of barley water.

No. 121.—BARLEY WATER (For Invalids).

Ingredients—

1 oz. Robinson's prepared barley, 1 wine-glassful cold water, 1 quart boiling water.

Method—

Mix the barley and cold water into a smooth paste. Add this to the boiling water and stir over the fire while boiling for 5 minutes. Pour into a jug and let stand until quite

cold. A strip of lemon rind may be put into the jug, and will give a refreshing flavour when allowed.

If the patient prefers the barley water *thin*, use only $\frac{1}{2}$ oz. barley to same quantity of water.

Time—5 minutes.

Sufficient for 1 quart of barley water.

No. 122.—BARONESS PUDDING.

Ingredients—

6 oz. flour, 6 oz. raisins, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ pint milk, a pinch salt.

Method—

Remove all skin from the suet, and chop it very finely, stone the raisins, and divide them once or twice. Mix the salt with the flour and rub the suet into it, add the raisins, and stir in the milk. Beat the pudding well for a few minutes, then put it in a well-buttered mould, tie it up in a floured cloth, and boil the pudding for $4\frac{1}{2}$ hours. Turn it out carefully on to a hot dish, and sift pounded sugar on it before sending to table.

Time— $4\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 123.—BATTER (Frying).

Ingredients—

1 oz. butter, 1 table-spoonful boiling water, $\frac{1}{4}$ pint cold water, 4 oz. flour, the white of 1 egg.

Method—

Melt the butter in the boiling water, then add the cold. Put the flour in a small basin, and stir in the water, a little at a time, mixing it very smoothly. Beat the white of an egg to a stiff white froth, stir it into the flour and the batter will be ready for use.

No. 124.—BATTER PUDDING (Baked).

Ingredients—

1 pint milk, 3 eggs, 6 oz. flour.

Method—

Beat and strain the eggs, mix the flour to a smooth paste with them, and add the milk by degrees, beating well as each portion is added, and keeping the mixture very smooth. Pour the batter into a pie-dish holding $1\frac{1}{2}$ pints, and bake the pudding in a moderate oven. Sift pounded sugar thickly on the top, and serve.

Time—40 minutes.

Sufficient for 3 or 4 persons.

No. 125.—BATTER PUDDING (Boiled).

Ingredients—

6 oz. flour, 3 eggs, $\frac{3}{4}$ pint milk, a pinch of salt.

Method—

Beat and strain the eggs, mix the flour gradually with them, then add the milk, a table-spoonful at a time, put in the salt and beat the pudding until perfectly smooth. Butter a $1\frac{1}{2}$ -pint basin, pour in the batter, and cover the top with a buttered paper. Tie it up in a well-floured cloth, plunge it into plenty of boiling water, and boil for 1 hour. Turn it out carefully, and serve with fruit or wine sauce.

Time—1 hour.

Sufficient for 5 or 6 persons.

No. 126.—BAVAROISE: or BOHEMIAN JELLY CREAM.

Bavaroises or Bohemian jelly creams are amongst the most delicious of sweets. They are made on the principle of a lemon sponge, but whipped cream is substituted for the beaten

white of egg. The following recipe is given as a model, any other fruit of delicate flavour may be used, the process being exactly the same.

Ingredients—

1 lb. strawberries, 4 oz. loaf sugar, 1 oz. isinglass, $\frac{3}{4}$ pint water, $\frac{1}{4}$ pint cream, $\frac{1}{4}$ tea-spoonful of cochineal.

Method—

Remove the stalks and bruise the fruit slightly. Put it with the sugar, isinglass, and water into a saucepan, bring the mixture to a boil, and let it simmer for 10 minutes. Strain the syrup through a jelly-bag or fine cloth into a basin, and set it aside to cool. When just becoming a light jelly, whip the cream to a stiff froth, and add the strawberry jelly, spoonful by spoonful to it, beating all the time. There will probably be a slight sediment at the bottom of the basin which must not be added to the cream.

Beat the Bavaroise for about 10 minutes until it becomes very thick, and put in the cochineal, which should be well beaten in. Pour into a well-wetted mould, and put it in a cool place (on ice if possible) to set.

It should be made some hours before it is required.

Sufficient for 1½-pint mould.

No. 127.—BEANS, BROAD (Boiled).

Ingredients—

2 lbs. broad beans, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Procure young and very fresh beans, shell them and throw them into plenty of boiling water, salted. Boil them rapidly until tender, drain them, and serve very hot with parsley and butter separately in a sauce-boat.

*Time—*18 to 25 minutes.

Sufficient for 4 or 5 persons.

No. 128.—BEANS, BROAD, à la POULETTE.

Ingredients—

2 lbs. broad beans, $\frac{1}{2}$ pint stock, $\frac{1}{4}$ pint cream, the yolk of 1 egg, seasoning pepper and salt.

Method—

Shell the beans and boil them in plenty of fast-boiling water for 10 minutes. Drain them as dry as possible, then put them in a fresh saucepan with the stock, add a seasoning of pepper and salt, and boil them gently until quite tender. Strain the stock into a basin, put the beans on a very hot dish, and cover them to keep hot. Beat and strain the yolk of egg, mix it with the cream, add it to the stock and return to the saucepan. Simmer it gently for 3 or 4 minutes, stirring constantly until the sauce is at boiling point. As soon as it is sufficiently thickened pour it over the beans, and serve immediately.

*Time—*To cook beans, altogether about 25 minutes.

Sufficient for 4 or 5 persons.

No. 129.—BEANS, FRENCH (Boiled).

Ingredients—

1 lb. French beans, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Cut off the heads and tails of the beans, and a thin strip each side to take away the strings, slice each bean into 4 or 5 strips; and when they are all ready put them into a saucepan of fast-boiling water, salted. Boil them quickly until tender, take them up, drain them thoroughly, and serve immediately.

*Time—*15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 130.—BEANS, FRENCH, à la FRANÇAISE.

Ingredients—

1 lb. beans, 2 oz. butter, the juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Prepare the beans and boil them as in preceding recipe. Drain them as dry as possible, then put them back in the saucepan with the butter, pepper, salt, and lemon juice. Shake them over the fire for a few minutes, turn into a hot vegetable dish, and serve immediately.

*Time—*To boil beans, 15 to 20 minutes.

To finish over the fire, 5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 131.—BEANS, FRENCH, à la FRANÇAISE (Another Recipe).

Ingredients—

1 lb. beans, 2 oz. butter, 1 oz. flour, $\frac{1}{4}$ pint cream, juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Prepare and boil the beans, and drain them very dry. Melt the butter in a saucepan, dredge in the flour, and stir them over the fire until they are nicely browned, pour in the cream, stirring well, and simmer for 2 or 3 minutes. Add the lemon juice, pepper, and salt, and pour the sauce over the beans, toss them in it for 1 or 2 minutes until they are well covered, turn them into a very hot vegetable dish, and serve immediately.

*Time—*To boil beans, 15 to 20 minutes.

To cook sauce, altogether 7 to 10 minutes.

Sufficient for 3 or 4 persons.

No. 132.—BEANS, HARICOT.

Ingredients—

1 lb. haricot beans, water, 1 oz. butter.

Method—

Soak the beans in cold water for 12 hours, then put them in a saucepan with sufficient cold water to cover them, bring them to the boil, and continue boiling until they are perfectly tender. Drain them very dry, then return them to the saucepan with the butter, shake them round for 1 or 2 minutes until the butter is melted, and serve in a very hot dish.

*Time—*3 hours.

Sufficient for 4 or 5 persons.

No. 133.—BEANS, HARICOT, à la MAÎTRE d'HÔTEL.

Ingredients—

1 lb. haricot beans, 2 oz. butter, 1 dessert-spoonful chopped parsley, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{4}$ tea-spoonful salt, small pinch cayenne pepper.

Method—

Soak the beans in water for 12 hours, then put them in a saucepan with sufficient cold water to cover them, bring them to the boil, and continue boiling until the beans are perfectly tender. Drain them as dry as possible, add to them the butter, chopped parsley, lemon juice, and seasoning of salt and cayenne. Shake them round the saucepan until the butter is melted, and serve in a very hot dish.

*Time—*3 hours.

Sufficient for 4 or 5 persons.

No. 134.—BEANS, HARICOT (Purée of).

Ingredients—

$\frac{1}{2}$ lb. haricot beans, 1 oz. butter, $\frac{1}{4}$ pint thick cream, seasoning pepper and salt.

Method—

Soak the beans in cold water for 12 hours, then put them in a saucepan with sufficient cold water to cover them, and boil them until they are perfectly tender. Let them be *over-cooked* rather than under. Drain off the water, and with a wooden spoon rub the beans through a fine sieve. Put them in a fresh saucepan with the butter and cream, and simmer all together for a few minutes until the purée is very thick. Season with pepper and salt, and serve very hot.

This makes an excellent centre to a dish of mutton or veal cutlets.

Time— To boil beans, 3 to 3½ hours.

To simmer purée, 4 to 5 minutes.

Sufficient for a dish of 6 or 8 cutlets.

No. 135.—BÉCHAMEL SAUCE,

Ingredients—

½ lb. lean veal, 2 oz. ham, 2 oz. butter, 1 carrot, 1 onion, 1 table-spoonful flour, 1 pint milk, seasoning pepper and salt.

Method—

Melt the butter in a small saucepan; cut the veal, ham, and vegetables into small dice, add them to the butter, and stir them over a gentle fire for 10 minutes, but do not let them brown. Pour in ¾ pint of milk and simmer gently for 45 minutes, then mix the flour smoothly with ¼ pint of milk and stir into the sauce. Strain all through a fine sieve, and return it to the saucepan. Add a seasoning of pepper and salt, and stir the sauce over the fire until it thickens. Serve as hot as possible.

Time— To boil sauce, 3 or 4 minutes.

Sufficient for 1 pint sauce.

No. 136.—BÉCHAMEL SAUCE
(Very Good).*Ingredients—*

½ pint veal stock, ½ pint cream, 1 table-spoonful flour, seasoning pepper and salt.

Method—

Mix the flour with sufficient cream to make a thick batter. Put the rest of the cream into a lined saucepan, and heat it to boiling point. Pour it slowly on the batter, stirring all the time. Heat the veal gravy also to boiling point, pour it into the cream, add a seasoning of pepper and salt, return all to the saucepan and boil gently, stirring incessantly until sufficiently thickened.

Time— To boil sauce, about 5 minutes.

Sufficient for 1 pint sauce.

No. 137.—BÉCHAMEL SAUCE
(Maigre).*Ingredients—*

2 oz. butter, 1 small carrot, 1 small onion, 2 oz. button mushrooms, 1 pint milk, 1 table-spoonful flour, seasoning pepper and salt.

Method—

Melt the butter in a small saucepan, add the carrot and onion, cut into small pieces, and the mushroom buttons. Stir them over the fire with a wooden spoon for 15 minutes, but do not let them brown. Then add ¾ pint of milk, and let them boil gently for 30 minutes.

Mix the flour smoothly with ¼ pint of milk, add to it the sauce, and strain the whole through a fine sieve back into the saucepan. Add a seasoning of pepper and salt, and cook for 3 or 4 minutes, stirring constantly until the sauce is thick and smooth. Serve very hot.

Time— Altogether, about 50 minutes.

Sufficient for 1 pint sauce.

No. 138.—BEEF à la MODE.

Ingredients—

7 or 8 lbs. rump or flank of beef, 2 oz. butter, 1 table-spoonful flour, 3 carrots, 2 onions, 1 sprig parsley and thyme, 1 quart hot water, seasoning pepper and salt.

Method—

Put the butter and flour into a stewpan large enough to hold the beef, and stir them over a gentle fire for 3 or 4 minutes. Lay in the beef and brown it carefully on both sides. Then add the water and salt and bring it to the boil, skim it carefully and put in the vegetables, cut into slices, and the seasonings.

Boil the beef gently for 4 hours, skimming occasionally and turning it when half done.

Serve on a very hot dish, arrange the vegetables neatly round; skim off as much of the fat as possible, strain part of the gravy over and round the meat, and serve.

Time—To cook beef, 4 hours.

Sufficient for 9 or 10 persons.

No. 139.—BEEF (Braised).

Ingredients—

4 or 5 lbs. ribs of beef, 1 large carrot, 1 onion, 1 turnip, $\frac{1}{2}$ tea-spoonful salt, 6 peppercorns, $\frac{1}{2}$ blade mace, sufficient cold water to cover the ingredients, 1 tea-spoonful arrowroot.

Method—

Bone the beef, roll it into a compact round, and tie it securely with tapes. Wash and peel the vegetables and cut them into thin slices. Choose a stewpan which will take the joint leaving little space to spare. Lay in it half the vegetables, then the meat, and cover it with the rest of the vegetables and the bones of the joint. Add the

seasonings, and pour over sufficient cold water to cover the ingredients.

Put on the lid of the saucepan and bring it quickly to boiling point, then let it simmer very gently until cooked. Take it out and place on a very hot dish. Strain off $\frac{1}{2}$ a pint of the liquor, and put it in a small clean saucepan. Mix the arrowroot with a table-spoonful of water, and stir this into the hot liquor. Simmer for 2 or 3 minutes until nicely thickened, strain it round the meat, and serve immediately. Some of the slices of carrot and turnip may be arranged round the joint if liked.

Time—To simmer joint, 3 hours.

Sufficient for 5 or 6 persons.

No. 140.—BEEF (Braised—To Serve Cold).

Ingredients—

4 or 5 lbs. ribs of beef, 1 large carrot, 1 turnip, 1 onion, $\frac{1}{2}$ tea-spoonful of salt, 6 peppercorns, $\frac{1}{2}$ blade of mace, sufficient cold water to cover the ingredients.

Method—

Bone the beef and roll it into a compact round, using tape in preference to skewers, which are unsightly and let out the juices of the meat. Wash and peel the vegetables, and cut them into thin slices. Choose a stewpan which will take the joint with but little space to spare, lay half the vegetables in, then the meat, with the rest of the vegetables and the bones of the joint around and over it, add the salt, spices, and sufficient cold water to cover the ingredients. Put on the lid of the saucepan, and bring it quickly to boiling point. Let it simmer as gently as possible until well cooked. When tender take the joint out and put it on a dish with another plate over it, and a heavy weight on top.

Leave it thus for 2 hours. Meanwhile, strain the liquor the meat was boiled in, and reduce it to glaze by recipe No. 590. Brush the liquid glaze over the meat, giving it two or three coats until an even, shining surface is obtained. Allow the glaze to dry, and the meat is then ready for table. It will keep several days in cool weather.

Note.—Though the addition of cold water in the first instance may appear unscientific, it is not really so, as the vegetables form a sort of case to the meat and preserve its juices, besides communicating their own flavour to the joint.

Time—To simmer beef, 3 hours.

Sufficient for 5 or 6 persons.

No. 141.—BEEF, BRISKET OF (Boiled).

Ingredients—

7 lbs. brisket of beef, 4 carrots, 2 onions, 1 small head celery, 1 sprig parsley, 1 sprig thyme, 1 tea-spoonful salt, 1 oz. flour, 2 table-spoonfuls mushroom ketchup.

Method—

Lay the beef in a stewpan nearly of its own size; clean the vegetables, cut them into small pieces, and lay them round and on the beef; add the herbs and seasoning, and pour in sufficient cold water to cover the meat. Bring the beef slowly to boiling point, skimming it carefully when necessary, and boil for 4 hours. Strain off a pint of the broth it was cooked in and put it in a fresh saucepan. Mix the flour smoothly with the mushroom ketchup and add them to the boiling broth. Boil the broth for 3 or 4 minutes until it is thick and rich, and add a little browning if it is not a good colour. Take up the beef, drain for a minute, put it on a very hot dish, pour the thickened broth over it, and serve at

once. If liked, some of the vegetables can be arranged round the dish and served with the meat.

Time—4 hours.

Sufficient for 7 or 8 persons.

No. 142.—BEEF CAKE.

Ingredients—

1½ lbs. rump steak, ¼ lb. suet, ½ lb. streaky bacon, ½ tea-spoonful dried sweet herbs, seasoning pepper and salt, 1 egg, ½ pint brown gravy.

Method—

Remove all skin and fat from the steak and chop it and the suet finely. Mix the seasonings thoroughly with them, beat and strain the egg and stir it into the mixture. Butter a cake tin, line it with the bacon, cut into very thin slices, put in the minced beef, and cover it with the rest of the bacon. Bake in a good but not fierce oven, taking care it should not become dry by cooking too quickly. When done turn it out of the mould and take off the bacon. Have ready ½ pint of brown gravy very hot, pour it over the cake and serve.

This is an excellent dish served cold without the gravy.

Time—About 1½ hours.

Sufficient for 5 or 6 persons.

No. 143.—BEEF (Collared).

Ingredients—

7 or 8 lbs. thin flank or ribs of beef, 6 oz. salt, 1 oz. saltpetre, 2 oz. sugar, 1 dessert-spoonful chopped parsley, 1 tea-spoonful dried sweet herbs, 1 tea-spoonful salt, 6 crushed pepper-corns, 2 carrots, 2 onions, water.

Method—

Mix together the salt, sugar, and saltpetre, and rub them well into the beef. Put it in a deep dish, and turn



it every day for a week, rubbing it each time. On the eighth day bone it carefully, and sprinkle it over with the mixed parsley, herbs, pepper and salt. Roll the beef up tightly, secure it with tape, and then wrap it round carefully in a cloth. Lay it in a stewpan nearly of its own size; cut the carrot and onion into small pieces and put them round and on the joint. Pour in sufficient water to cover it, and boil gently for 6 or 7 hours. Lift out the beef, lay it on a strong dish without untying it, put a plate on it with a heavy weight on top, and let it remain until quite cold. Then take it out of the cloth, remove the tapes, put it on a fresh dish, garnish with very fresh parsley, and serve cold.

Time—To boil beef 6 to 7 hours.

Sufficient for 8 or 10 persons.

No. 144.—BEEF COLLOPS.

Ingredients—

1 lb. rump steak, seasoning pepper and salt, $\frac{1}{4}$ pint water.

Method—

Remove all skin and fat from the steak and mince it finely. Put it in a saucepan with the water and seasoning. Simmer it gently until cooked, and serve in a very hot dish.

Time—20 to 30 minutes.

Sufficient for 2 or 3 persons.

No. 145.—BEEF COLLOPS à la FRANÇAISE.

Ingredients—

1 lb. rump steak, 2 oz. butter, 1 oz. flour, $\frac{1}{2}$ tea-spoonful dried sweet herbs, seasoning pepper and salt, $\frac{1}{4}$ pint water.

Method—

Remove all skin and fat from the steak and mince it finely. Melt the butter in a saucepan, dredge in the

flour, and stir them over the fire until they are nicely browned. Then add the minced steak, the seasoning, and water, and stir well over the fire until it begins to boil. Simmer gently for 20 minutes, and serve very hot.

Time—Altogether, about 35 minutes.

Sufficient for 2 or 3 persons.

No. 146.—BEEF (Curried).

Ingredients—

$\frac{3}{4}$ lb. cold beef, 1 small onion, 1 small apple, 2 oz. butter, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{2}$ pint of stock.

Method—

Melt the butter in a small stewpan, cut the onion and apple into small dice and fry them in it. Trim away every particle of skin and fat from the beef and cut it into dice. Add it to the onion and apple, and fry for 2 or 3 minutes. Mix the curry powder and flour smoothly with the stock, and pour this on to the meat; stew all very gently until the sauce is thick and smooth. Add the salt, stir well, and serve the curry on a very hot dish with a border of rice boiled by Recipe No. 1025 round. When apples cannot be obtained, the juice of $\frac{1}{2}$ a lemon should be added just before the curry is served.

Time—To stew meat, 15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 147.—BEEF, FILLET OF ROAST.

Ingredients—

$3\frac{1}{2}$ lbs. fillet of beef, dripping for basting.

Method—

Trim the fillet into a nice shape, and tie it round with tape if necessary into a compact little joint. Roast in a moderate oven, basting constantly. Pour off the dripping, sprinkle a little

salt on the gravy remaining in the tin, and pour on it $\frac{1}{4}$ pint of boiling water. Strain this round the joint, and serve.

Time—1 hour.

Sufficient for 5 or 6 persons.

No. 148.—BEEF, FILLET OF, à la PARISIENNE.

Ingredients—

2 lbs. fillet of beef, 1 pint brown stock, 1 tea-spoonful arrowroot, 1 small wine-glass port wine.

Method—

Cut the fillets into rounds measuring about 3 inches each way. Melt the butter in a small stewpan, and brown the pieces of fillet in it for 5 or 6 minutes. Then pour in the stock and simmer them very gently until quite tender. Strain off $\frac{1}{2}$ pint of the stock they were cooked in and put it in a fresh saucepan. Mix the arrowroot smoothly with the wine; stir this into the stock and simmer for 2 or 3 minutes until the sauce thickens. Dish the pieces of fillet neatly in a circle, pour the sauce over them, and serve immediately.

Time—To simmer fillet, 1 hour.

Sufficient for 5 or 6 persons.

No. 149.—BEEF, FRICANDEAU OF.

Ingredients—

1 lb. cold beef, $\frac{1}{2}$ lb. pork sausages, 2 eggs, 2 table-spoonfuls gravy or stock, $\frac{1}{4}$ tea-spoonful mixed herbs, $\frac{1}{4}$ tea-spoonful very finely-chopped onion, seasoning pepper and salt, 2 oz. butter or refined suet, $\frac{1}{2}$ pint brown gravy.

Method—

Remove all fat, skin, and gristle from the beef and mince it finely. Take the sausages out of their skins, put them with the beef in a basin and mix them well together. Add the

onion, herbs, and seasoning. Beat and strain the eggs, and stir them well into the mixture. Add the 2 table-spoonfuls gravy or stock, and stir this well in. Form the fricandeau into the shape of an oval mould, flour the top, and place it in a baking tin with 2 oz. of butter or refined suet. Bake it in a moderate oven, and baste several times. When cooked take it out, absorb any grease on kitchen paper, place it on a hot dish, pour over $\frac{1}{2}$ pint of very hot gravy, and serve.

Time—About $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 150.—BEEF GRAVY.

Ingredients—

1 lb. shin of beef, 1 small carrot, 1 small onion, 1 sprig parsley and thyme, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, $1\frac{1}{4}$ pints water, 1 oz. butter, 1 oz. flour, 1 table-spoonful mushroom ketchup.

Method—

Melt the butter in a small stewpan, chop the onion and cut the meat into squares, fry these in the butter until they are a light brown, but be careful that the butter does not burn. When they are nicely browned pour off the fat, and add the water and salt. Bring the gravy to boiling point, and skim it carefully, then add the carrot, chopped into small pieces, and the seasonings. Simmer all together for 2 hours, then strain into a clean basin and set it aside to cool. When cold skim off every particle of fat, and put the gravy in a fresh saucepan to become hot. Mix the flour smoothly with the mushroom ketchup, stir this into the boiling gravy, and let the whole simmer for 2 or 3 minutes until sufficiently thickened.

Time—2 hours.

Sufficient for 1 pint of gravy.

No. 151.—BEEF (Hashed).*Ingredients—*

The remains of a joint of beef, 1 onion, 1 carrot, small piece celery, 1 sprig parsley and thyme, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, 1 pint water, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup.

Method—

Cut the meat carefully off the bones, pare off all outside pieces, skin, and fat, and cut the meat into dice. Lay the bones in a stewpan with the trimmings (except the fat) of the joint. Cut up the vegetables, add them with the seasonings to the bones, and cover the whole with cold water. Let them boil gently for 1 hour, or more if convenient, then strain off the stock and put it in a fresh saucepan. Mix the arrowroot smoothly with the mushroom ketchup, and stir this into the stock. Simmer for 2 or 3 minutes until the sauce is nicely thickened, then lay in the pieces of meat, and let them heat slowly in the sauce. Colour with a little browning if necessary, and serve very hot.

Time—To boil stock, 1 to 2 hours.
To heat meat, about 20 minutes.

Sufficient for 3 or 4 persons.

No. 152.—BEEF (Hashed—Very Good).*Ingredients—*

1 lb. cold beef, 2 oz. butter, 1 small onion, 1 rasher lean bacon, $\frac{1}{4}$ tea-spoonful mixed herbs, seasoning pepper and salt, 1 oz. flour, 1 table-spoonful mushroom ketchup, small wine-glass claret, $\frac{1}{2}$ pint brown stock.

Method—

Remove all the skin, fat, and hard outside pieces from the beef, and cut it into neat slices, or into dice, as preferred. Melt the butter in a small

stewpan, cut the bacon and onion into very small pieces, and stir them into the butter. When they are nicely browned add the herbs, pepper, salt, and stock, and boil for 10 minutes. Mix the flour smoothly with the mushroom ketchup and claret, stir this into the boiling stock, and simmer for 3 or 4 minutes until the sauce is nicely thickened. Strain the sauce into a fresh saucepan, put in the meat, and let it heat gently at the side of the stove. Make very hot, but do not allow the sauce to boil for an instant after the meat is added.

Time—To heat beef, 20 to 30 minutes.

Sufficient for 3 or 4 persons.

No. 153.—BEEF KIDNEY (Fried).*Ingredients—*

1 beef kidney, 3 oz. butter, 1 table-spoonful flour, $\frac{1}{2}$ tea-spoonful each of mixed herbs, pepper, and salt, $\frac{1}{2}$ pint boiling water, 1 tea-spoonful arrowroot, 1 table-spoonful cold water, the juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Remove the fat and skin from the kidney, and cut it into slices $\frac{1}{2}$ an inch thick. Mix the flour, herbs, pepper, and salt on a plate, and dip each piece of kidney in the mixture. Melt the butter in a frying-pan, put in the slices of kidney, and fry them a nice clear brown colour, turning them when one side is done. Lift them out with a fork, and put them in a very hot dish. Pour the boiling water into the pan, mix the arrowroot with a table-spoonful of cold water, stir it in and boil all up together for 3 or 4 minutes until nicely thickened. Add the lemon juice and a seasoning of pepper and salt. Strain the gravy over the slices of kidney, and serve immediately.

Time—Fry for 4 minutes on each side.

Sufficient for 3 or 4 persons.

No. 154.—BEEF KIDNEY à la FRANÇAISE.

Ingredients—

1 beef kidney, $\frac{1}{4}$ lb. butter or clarified dripping, 1 oz. flour, 1 dessert-spoonful chopped parsley, $\frac{1}{2}$ tea-spoonful pepper and salt, $\frac{1}{2}$ pint stock, 1 wine-glass of claret or port, 1 tea-spoonful arrowroot, juice of $\frac{1}{2}$ a lemon.

Method—

Prepare and cook the kidney as in preceding recipe. Then lift out the slices into a very hot dish. Pour off the fat in the frying-pan, and put in the stock to become hot. Mix the arrowroot smoothly with the wine, stir this into the stock, and boil the whole for 2 or 3 minutes until sufficiently thickened. Add the lemon juice and a little browning if necessary. Strain the gravy over the slices of kidney, and serve at once.

*Time—*To fry kidney, 8 minutes.

Sufficient for 3 or 4 persons.

No. 155.—BEEF (Minced).

Ingredients—

$\frac{3}{4}$ lb. cold beef, $\frac{1}{2}$ pint stock, 1 oz. flour, 1 table-spoonful mushroom ketchup, seasoning pepper and salt.

Method—

Remove all skin and fat from the beef and mince it finely. Heat the stock; mix the flour smoothly with the mushroom ketchup, and stir this into the stock. Boil gently for 4 or 5 minutes until the sauce is thick and rich. Put in the beef, let it heat very slowly in the sauce, season with pepper and salt, and serve on a hot dish garnished with fried croûtons.

*Time—*About 30 minutes.

Sufficient for 5 or 6 persons.

No. 156.—BEEF (Minced, with Olives).

Ingredients—

$\frac{3}{4}$ lb. cold beef, 2 oz. olives, $\frac{1}{2}$ pint stock, 1 tea-spoonful arrowroot, 1

table-spoonful cold water, seasoning pepper and salt, very small quantity browning.

Method—

Remove all skin and fat from the beef, and cut it into small dice. Put the olives in a saucepan, cover them with cold water, bring them gradually to the boil, and boil them for 15 minutes. Take them out, put them in cold water, and, as soon as they are cold enough to handle, stone them by peeling them round and round until the stone is reached. Divide them into 2 or 3 pieces, and put them into the saucepan with the cold stock, bring it to the boil, and simmer them gently for 10 minutes, then lift out the olives and put them aside with the minced beef. Mix the arrowroot smoothly with a dessert-spoonful of cold water, and stir it into the boiling stock, simmer this until the sauce is nicely thickened, then put in the beef and stoned olives, and let them heat slowly by the side of the fire for about 30 minutes. Stir them well round in the sauce to mix them thoroughly, season with pepper and salt, add a few drops of browning to make the sauce a rich brown colour, and serve on a very hot dish.

The sauce must on no account be allowed to boil after the meat is added.

*Time—*Altogether, about 1 hour.

Sufficient for 4 or 5 persons.

No. 157.—BEEF OLIVES.

Ingredients—

1 lb. rump steak, 1 tea-spoonful dried sweet herbs, $\frac{1}{2}$ tea-spoonful salt, 6 crushed peppercorns, $\frac{1}{2}$ pint stock, 1 table-spoonful flour, 1 table-spoonful mushroom ketchup.

Method—

Have the steak cut at least 1 inch thick. Slice it across the grain into strips about $\frac{1}{2}$ an inch thick, and 4 or 5 inches long. Mix the herbs, pepper,

and salt together, and dip each piece of beef into them. Roll the slices up tightly and tie each one round with thin tape. Lay the rolls in a stewpan which will just contain them in one layer; pour on them the stock, and stew them very gently, turning them when half done. When cooked lift them out, take off the tape, lay them in a very hot dish, and cover it over to keep hot. Mix the flour smoothly with the mushroom ketchup, stir this into the gravy and simmer it for 2 or 3 minutes until it is rich and thick. Strain the gravy over the beef olives, and serve at once.

Time— $1\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 158.—BEEF OLIVES (Made with Cold Meat).

Ingredients—

7 or 8 slices of cold beef, 1 teaspoonful dried sweet herbs, 1 teaspoonful chopped parsley, 1 teaspoonful finely-chopped onion, seasoning pepper and salt, $\frac{1}{2}$ pint stock, 1 dessert-spoonful flour, 1 table-spoonful mushroom ketchup.

Method—

Mix the herbs, chopped parsley, and onion together, with a seasoning of pepper and salt, and sprinkle each slice of meat with some of the mixture. Roll the slices up neatly and tie them with thin tape; lay them in a small stewpan and pour the stock on them. Simmer them very gently for 1 hour, then take them out, take off the tapes, and lay them in a hot dish, which cover and keep hot. Mix the flour smoothly with the mushroom ketchup, stir this into the gravy in the stewpan, and boil it for 2 or 3 minutes until the gravy is rich and thick. Strain through a fine sieve over and round the olives, and serve at once.

Time—1 hour.

Sufficient for 3 or 4 persons.

No. 159.—BEEF, RIBS OF ROAST.

Ingredients—

7 or 8 lbs. ribs of beef, dripping for basting.

Method—

Choose Scotch beef if possible, and let the meat be well hung. Put the meat in front of a nice clear fire, or in a good oven. Cook quickly for 15 minutes, then move it a little farther away, and let it become thoroughly done throughout. Baste continually the whole time. Take it up, put it on a hot dish, and cover over. Pour the fat from the dripping-pan, sprinkle a little salt, and pour about $\frac{1}{4}$ pint of boiling water into it. Strain this round the meat, and serve garnished with scraped horse-radish.

Horse-radish sauce and Yorkshire pudding should be served with this dish.

Time—For this joint, 2 hours, for each additional pound allow another 15 minutes.

Sufficient for 7 or 8 persons.

No. 160.—BEEF, RIBS OF ROAST (Rolled).

Ingredients—

5 or 6 lbs. ribs of beef, dripping for basting.

Method—

Bone the meat and roll it round tightly. Secure it with tapes, and cook it carefully so that it is thoroughly done throughout. Hang it up in front of a clear fire or bake in a good oven. Baste it continually the whole time. Serve garnished with horse-radish, and strain the gravy into the dish, as in preceding recipe.

Send horse-radish sauce and Yorkshire pudding to table, if liked.

The bones will make excellent stock if used immediately.

Time— $1\frac{3}{4}$ hours.

Sufficient for 6 or 7 persons.

No. 161.—BEEF ROLL.*Ingredients—*

1½ lbs. rump steak, ½ lb. streaky bacon, ½ tea-spoonful mixed herbs, seasoning pepper and salt, 1 egg, 1 lb. flour, water, ½ pint brown gravy.

Method—

Mince the steak and bacon finely, put them in a basin with the herbs and seasoning and add the egg, which should be beaten and strained. Mix all together and make it into a thick roll. Wrap it round in thickly-buttered paper. Mix the flour with sufficient water to make a stiff paste, roll it out of sufficient size to enclose the meat, fasten the edges together with a little water, and bake in a moderate oven. When cooked remove the paste and buttered paper; have ready the gravy, very hot, pour it over the meat, and serve immediately.

*Time—*2 hours.

Sufficient for 5 or 6 persons.

No. 162.—BEEF, ROUND OF (Boiled).*Ingredients—*

12 lbs. silver side, 5 or 6 carrots, sufficient water to cover the joint.

Method—

The beef should be lightly salted for a few days. Skewer the joint into a good shape and secure it with tapes. Lay it in a stewpan nearly of its own size, pour sufficient very hot water on it to cover it, and bring it quickly to boiling point. Boil gently for about 3½ to 4 hours. An hour before serving put in the carrots, which must be sliced and stamped out with a vegetable cutter. Dish the beef on a hot dish, arrange the pieces of carrot neatly round, pour over about ¾ pint of the liquor the meat was boiled in, and serve.

*Time—*From 3½ to 4 hours.

Sufficient for 10 or 12 persons.

No. 163.—BEEF SAUSAGES.*Ingredients—*

1 lb. lean beef, ¼ lb. suet, 1 tea-spoonful salt, ½ tea-spoonful ground black pepper, ¼ tea-spoonful mixed sweet herbs.

Method—

Mince the beef and suet finely, mix the seasonings with them, form the sausage meat into small rolls, brush them over with beaten egg and cover with fine breadcrumbs. Arrange them in a frying-basket; plunge this into plenty of boiling fat, and fry the sausages a nice brown colour. Drain on kitchen paper and serve.

*Time—*To fry, about 7 or 8 minutes.

Sufficient for 8 sausages.

No. 164.—BEEF, SIRLOIN OF ROAST.*Ingredients—*

8 or 10 lbs. sirloin, dripping for basting.

Method—

Choose the middle of a sirloin, with as much undercut as possible. Roast it before a nice clear fire, or in a good oven. Cook it quickly for 15 minutes, then move it a little farther away, and let it become thoroughly done without risk of burning. Baste it continually the whole time. Put the joint on a hot dish, and cover it over. Strain off the dripping, put a little salt in the bottom of the pan, and pour on it ¼ pint of boiling water. Strain this round the meat, garnish with scraped horse-radish, and serve with horse-radish sauce and Yorkshire pudding handed round.

*Time—*2 to 2½ hours.

Sufficient for 9 or 10 persons.

No. 165.—BEEF, SMALL SIRLOIN OF.

Ingredients—

5 or 6 lbs. Scotch beef, dripping for basting.

Method—

Choose the middle of a sirloin of *very small Scotch* beef, with as much undercut as possible. It is not advisable to have such a small joint off a large ox, as the result would be principally bone and tail. Cook it carefully, as in preceding recipe, and it will be found an advantageous joint of delicious flavour.

*Time—*1½ to 1¾ hours.

Sufficient for 4 persons.

No. 166.—BEEF STEAK (Grilled).

Ingredients—

1½ lbs. rump steak.

Method—

Have the steaks cut about $\frac{3}{4}$ inch thick; beat them well with a cutlet-bat if they are not well hung and tender. Let there be a very clear fire, put down the gridiron for a minute or two to warm it. Rub the bars with a piece of fresh suet, and lay in the steaks. Grill them for about 14 minutes, turning them when half done. Dish the steaks on a very hot dish, and send to table instantly. Chipped potatoes should be served with this dish.

*Time—*About 14 minutes.

Sufficient for 3 or 4 persons.

No. 167.—BEEF STEAK (Fried).

Ingredients—

1½ lbs. rump steak, 1 dessert-spoonful flour, $\frac{1}{4}$ tea-spoonful salt, a pinch pepper, 3 oz. butter, 1 oz. flour, $\frac{1}{4}$ pint stock, 1 dessert-spoonful mushroom ketchup.

Method—

Melt 2 oz. of the butter in a frying-pan. Have the steaks cut about $\frac{3}{4}$ inch thick, sprinkle them with flour, pepper, and salt, and fry them for 7 minutes on each side. Lift them out on to a very hot dish and keep them hot. Pour off all the fat, melt the remaining piece of butter in the hot frying-pan, dredge in the flour, and brown them for 3 minutes; pour in the stock, which should be boiling, and add the mushroom ketchup. Boil the sauce for 2 or 3 minutes, then strain through a fine sieve, pour round the steaks, and serve at once.

*Time—*Altogether, about 20 minutes.

Sufficient for 3 or 4 persons.

No. 168.—BEEF STEAKS à la FRANÇAISE.

Ingredients—

1 lb. rump steak, 2 oz. butter, 1 dessert-spoonful chopped parsley, $\frac{1}{2}$ tea-spoonful salt, the juice of $\frac{1}{2}$ a lemon, small pinch cayenne.

Method—

Put the butter in a small basin, and mix with it the parsley, which must be finely chopped, and the lemon juice, salt, and cayenne. Broil the steak over a clear fire. Make a dish very hot, turn into it the butter, etc., on this lay the steak, and send to table immediately.

Chipped potatoes should be served with this dish.

*Time—*To broil steak, 14 minutes.

Sufficient for 2 or 3 persons.

No. 169.—BEEF STEAKS à la FRANÇAISE (Another Recipe).

Ingredients—

1 lb. fillet of beef, 2 oz. butter, 1 dessert-spoonful chopped parsley, $\frac{1}{2}$ tea-spoonful salt, the juice of $\frac{1}{2}$ a lemon, small pinch cayenne.

Method—

Cut the fillet into small rounds about $2\frac{1}{2}$ inches in diameter. Beat them well, and sprinkle with pepper and salt. Broil them over a clear fire. Mix the butter and parsley in a small basin with the lemon juice, cayenne, and salt. Make a dish very hot, divide the butter into as many pieces as there are steaks, put them in the dish with a steak on top of each piece of butter, and serve immediately.

Chipped potatoes should be sent to table with this dish.

Time—To broil steaks, about 5 or 6 minutes on each side.

Sufficient for 2 or 3 persons.

No. 170.—BEEF STEAK AND KIDNEY PIE.

Ingredients—

$1\frac{1}{2}$ lbs. rump steak, 2 mutton kidneys, 3 eggs, 1 table-spoonful flour, 1 small tea-spoonful salt, $\frac{1}{2}$ tea-spoonful pepper, $\frac{1}{4}$ pint water, puff crust No. 400, or short crust No. 403, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Have the steaks cut about 1 inch thick, slice them across the meat in $\frac{1}{4}$ -inch strips, and divide these into pieces 3 or 4 inches long. Cut each kidney into 5 or 6 pieces, and remove all skin and fat from them, and nearly all the fat from the meat. Boil 2 of the eggs for 10 minutes, lay them in cold water to cool, and shell them. Dip each piece of steak into the flour, pepper, and salt (which must be mixed together) and roll it up. Have ready a pie-dish, with a small cup or jar in the centre, fill the dish with the rolls of meat and pieces of kidney, slice the eggs, lay them on top, and pour in the water. Make a puff, or short crust, as

directed above; cut a very thin strip, 1 inch in width, moisten the edge of the pie-dish and lay it round, pressing it firmly to make it adhere. Roll out the crust for the cover and put it on, decorate the edges neatly, beat and strain the remaining egg, brush the crust in every part with it, and bake the pie in a good oven for about $1\frac{1}{2}$ hours. The pie must be carefully watched, and a buttered paper spread over it should the crust be taking too deep a colour.

Time— $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 171.—BEEF STEAK PUDDING.

Ingredients—

2 lbs. rump steak, 1 table-spoonful flour, 1 tea-spoonful chopped parsley, 1 tea-spoonful chopped onion, 1 tea-spoonful salt, $\frac{1}{4}$ tea-spoonful ground black pepper, $\frac{1}{2}$ pint water, suet crust No. 404, made with 1 lb. flour, and other ingredients in proportion.

Method—

Cut the steak into strips 2 or 3 inches long and 2 inches broad, leaving a little fat on some of the pieces. Mix the flour and seasonings on a plate. Line a buttered pudding-basin with the crust, dip each piece of steak in the seasoning, roll it up, and lay it in the basin. Fill the basin in this manner; pour in the water, and fit in the cover of crust, pressing the edges together. Tie a floured cloth over the top, and plunge it into plenty of boiling water. Be very careful not to let the pudding go off the boil until cooked, and pour some boiling water into the saucepan from a kettle if necessary. When ready to serve take off the cloth, pin a very clean napkin round the basin, and serve at once.

Time—4 hours.

Sufficient for 5 or 6 persons.

No. 172.—BEEF-STEAK AND KIDNEY PUDDING (Small).*Ingredients—*

1 lb. steak, 1 mutton kidney, 1 dessert-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{2}$ tea-spoonful pepper, $\frac{1}{4}$ pint water, crust No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Cut the steak into neat pieces, free from fat and skin. Mix the flour, pepper, and salt on a plate, and dip each piece of steak into this. Skin the kidney and cut it into 5 or 6 pieces. Line a $1\frac{1}{2}$ -pint pudding-basin with crust, fill up the basin with the pieces of steak, interspersed with the pieces of kidney, pour in the water and fit in the top with a cover of crust, pressing the edges lightly together. Tie down the pudding securely in a floured cloth, and plunge it into plenty of boiling water. Be careful not to let the water go off the boil until the pudding is dished. Serve in the basin with a serviette pinned neatly round.

Time—4 hours.

Sufficient for 2 or 3 persons.

No. 173.—BEEF STEAK (Stewed).*Ingredients—*

$1\frac{1}{2}$ lbs. beef steak, 2 oz. butter, 1 dessert-spoonful flour, 1 carrot, 1 onion, 1 small turnip, 1 sprig parsley, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, water, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Melt the butter in a stewpan, dredge in the flour, and stir them together until they are smooth and brown. Lay in the meat, and brown it carefully on both sides, then pour on it sufficient hot water to cover it, bring it to boiling point, skim well and add the vegetables, cut into thin slices, and the seasoning. Stew the whole as gently as possible until quite tender. Place it on a very

hot dish, with the vegetables arranged neatly round. Strain off part of the gravy into a small saucepan, mix the arrowroot with a table-spoonful of cold water, and stir this into it. Simmer for 2 or 3 minutes until nicely thickened, pour it over the steak and vegetables, and serve immediately.

Time—1½ hours.

Sufficient for 3 or 4 persons.

No. 174.—BEEF (Stewed).*Ingredients—*

4 or 5 lbs. buttock steak, 2 oz. butter, 1 table-spoonful flour, 2 onions, 2 carrots, 1 turnip, 6 peppercorns, seasoning pepper and salt, 1 quart stock, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup.

Method—

Choose a thick, short piece of buttock steak, so that it makes a nice-looking joint. Put the butter and flour into a stewpan large enough to hold the beef, and stir them over the fire for 3 or 4 minutes. Lay in the beef, and brown it carefully on both sides. Peel and slice the vegetables, and add them with the seasoning to the meat; pour the stock (which should be heated) over all, and bring the meat to the boil. Then draw it aside and simmer very gently for 4 hours, turning the meat when half done. When quite tender take the meat out and lay it on a hot dish, with the vegetables neatly arranged round it. Mix the arrowroot smoothly with the mushroom ketchup, stir this into the gravy, and simmer for 2 or 3 minutes until nicely thickened, strain it over the joint, and serve.

The remains of this joint cold may be made into excellent beef olives. If there should be more gravy than is required to be used with the joint, it should be strained into a clean basin and set aside.

Time—4 hours.

Sufficient for 6 persons.

No. 175.—BEEF TEA (For Invalids).*Ingredients—*

1 lb. rump steak, 1 pint water,
1 salt-spoonful salt.

Method—

Cut the beef into very small pieces. Put them in a lined saucepan. Pour in the cold water, and leave the beef to soak for 1 hour. Then set the saucepan over a very gentle fire, and heat it slowly. When the beef tea commences to simmer, sprinkle in the salt, and be very careful to only let it continue to simmer, and on no account to let it boil. Strain the beef tea into a very clean basin, and set aside to cool.

Not the slightest particle of fat should be allowed to go into the saucepan.

Time—To heat the beef tea, about 30 minutes.

To simmer, 15 or 20 minutes.

Sufficient for 1 pint of beef tea.

No. 176.—BEEF TEA (Another Method).*Ingredients—*

1 lb. rump steak or leg of beef,
1 pint water, 1 tea-spoonful salt.

Method—

Cut the meat into very small pieces, carefully removing all fat. Sprinkle over with salt, and put it with the water in a fire-proof jar. Let it stand for 1 hour. Then cover the jar and bake in a gentle oven, taking care not to let it boil. When cooked, strain into a clean basin, and set aside to cool.

Time—About 35 minutes.

Sufficient for 1 pint of beef tea.

No. 177.—BEETROOT (Baked).*Ingredients—*

Beetroots.

Method—

Wash the beetroots as clean as possible, taking care not to break the skin. Lay them in a delicately clean baking-tin, and bake them in a moderate oven for 3 to 6 hours, according to size. Set them aside to cool. Peel them, cut them into thin slices, and serve cold, either plain or dressed in oil and vinegar, as preferred.

Time—3 to 6 hours.

No. 178.—BEETROOT (Boiled).*Ingredients—*

Beetroots, water.

Method—

Wash the beetroots clean, but do not touch them with a knife, and be very careful not to break the skin. Put them in plenty of boiling water, and boil them until quite tender. Small beetroots will be cooked in about 1½ hours, those of a moderate size will take 2 hours, and if very large they should be cooked for 3 hours or even more. Take them out and drain them. Set them aside until quite cold, then peel them and cut into thin slices. Serve cold, plain or dressed in oil and vinegar, as preferred.

Time—1½ to 3 hours.

No. 179.—BEETROOT (Pickled).*Ingredients—*

Beetroots, 1 quart vinegar, 12 peppercorns, small tea-spoonful salt.

Method—

Cook the beetroots (by boiling or baking) until tender. Set them aside until quite cold. Then peel and slice them, and put the slices in a deep jar. Boil the vinegar with the peppercorns

and salt for 10 minutes. Let it become cold, and strain it on to the beetroot, which it should just cover. Tie down the jar, and leave for a fortnight before using.

Time—To cook beetroots, $1\frac{1}{2}$ to 3 hours, according to size.

No. 180.—BISCUITS (Plain).

Ingredients—

1 lb. flour, 2 oz. butter, 2 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Rub the butter into the flour, add the sugar, and make this into a stiff dough with the milk, using a wooden spoon to mix them with. Turn the paste on to a well-floured board, knead it well, then roll it out to the thickness of $\frac{1}{2}$ an inch. Stamp out the biscuits about $2\frac{1}{2}$ inches in diameter, prick them all over with a fork, and bake them in a gentle oven until they are perfectly crisp.

Time—20 to 30 minutes.

Sufficient for 1 dozen biscuits.

No. — 181. BISCUITS (Plain, to Serve with Cheese).

Ingredients—

10 oz. flour, $\frac{1}{4}$ pint milk, 1 egg.

Method—

Beat and strain the egg, mix it with the milk, and make the flour into a stiff paste with these. Turn it on to a well-floured board, knead the paste well, then roll it out thin, and cut it into biscuits, $1\frac{1}{2}$ inches wide and 3 long. Prick them all over with a fork, and bake them in a gentle oven until they are quite crisp.

Time—15 to 20 minutes.

Sufficient for 1 dozen biscuits.

No. 182.—BISCUITS, WINE.

Ingredients—

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, the yolks of 4 eggs.

Method—

Rub the butter into the flour and mix in the sugar. Beat and strain the yolks of the eggs, moisten the other ingredients with them, and turn the paste on to a well-floured board. Roll it out thin, stamp out the biscuits with a fluted cutter, and bake in a gentle oven until crisp.

Time—15 to 20 minutes.

Sufficient for about 18 biscuits.

No. 183.—BLACKCOCK (Roast).

Ingredients—

1 blackcock, toast, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Let the bird be well hung, or it will be tough and without flavour. Roast in a hot oven, basting it frequently with plenty of clarified dripping. Serve on a very hot dish, with a nicely made piece of toast under it, and a little gravy poured round.

Send bread sauce and brown gravy to table with this dish.

Time—40 to 50 minutes.

Sufficient for 3 or 4 persons.

No. 184.—BLACKCOCK (Salmis of).

Ingredients—

1 blackcock, 2 oz. butter, $\frac{1}{4}$ pint brown stock, $\frac{1}{4}$ pint port wine, juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ tea-spoonful salt, pinch cayenne pepper, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Cut up the bird into nice pieces. Melt the butter in a small stewpan,

put in the pieces of blackcock and let them cook for 4 or 5 minutes until they are nicely browned. Then drain off all the butter, pour in the stock and wine, and stew the blackcock gently for 1 hour. Lift out the blackcock and keep it hot. Mix the arrowroot smoothly with a dessert-spoonful of cold water, then stir it in to the sauce, simmer for 2 or 3 minutes until it is nicely thickened, add the lemon juice, salt, and cayenne, strain the sauce over the blackcock, and serve immediately.

The remains of cooked birds may be used for this recipe, but they should be stewed for only 30 minutes.

Time—Altogether, 1 hour and 5 minutes.

Sufficient for 4 or 5 persons.

No. 185.—BLACK CURRANT JAM.

Ingredients—

6 lbs. black currants, 3½ lbs. sugar.

Method—

Remove the stalks from the fruit, put it in a copper preserving-pan with the sugar and boil them together for ½ an hour, removing all scum carefully and stirring constantly. Try a little of the jam on a plate, and as soon as it sets pour it into jars, and tie down whilst hot.

Time—About 1½ hours.

Sufficient for 8 lbs. of jam.

No. 186.—BLACK CURRANT JELLY.

Ingredients—

Black currants, to each pound of juice allow ½ lb. sugar.

Method—

Remove the stalks from the fruit, put it in a copper preserving-pan, and let it boil gently for about ½ an hour, until the currants have yielded all

their juice. Turn the fruit into a sieve and let all the juice drip through. Weigh it and allow ½ lb. sugar to each pound of juice. Boil the juice rapidly for 20 minutes, add the sugar, boil for another 15 minutes, stirring constantly and removing all scum, try a little on a plate, and as soon as it sets pour the jelly into pots, and tie down whilst hot.

Time—½ an hour to extract the juice, 20 minutes to boil juice without the sugar, about 15 minutes after it is added.

No. 187.—BLACK CURRANT PUDDING.

Ingredients—

1½ lbs. black currants, 6 oz. moist sugar, 1 table-spoonful water, crust No. 396, or No. 404, made with ¾ lb. flour, and other ingredients in proportion.

Method—

Wash the currants and pick them from their stalks. Well butter a basin and line it with paste. Fill up the basin with the currants, mixing the sugar with them; add the water, and fit in the cover of crust, carefully pressing the edges together. Tie down the pudding securely in a floured cloth, plunge it into boiling water and boil carefully. Turn it out, sprinkle sifted sugar over, and serve very hot.

A boiled custard is an excellent accompaniment to this dish.

Time—With butter crust, 2½ to 3 hours. With suet crust, 4 hours.

Sufficient for 5 or 6 persons.

No. 188.—BLACK CURRANTS (Stewed).

Ingredients—

1 lb. black currants, 4 oz. sugar, ¼ pint water.

Method—

Wash the black currants and remove their stalks. Boil the sugar and water together for 10 minutes, add the fruit and boil for another 15 minutes. Let the fruit cool a little, then pour it into a glass dish, and serve the compôte cold.

*Time—*Altogether, about 25 minutes.

Sufficient for 4 or 5 persons.

No. 189.—BLACK CURRANT TART.*Ingredients—*

1½ lbs. black currants, 6 oz. sugar, 1 table-spoonful water, short crust No. 403, or No. 397, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Wash the black currants and remove their stalks. Pile them in a pie-dish mixed with the sugar, and pour in the water. Roll out the crust, lay a thin strip round the edges of the pie-dish, put on the cover, ornament it neatly, and bake the tart about $\frac{1}{2}$ an hour in a moderate oven. Sift sugar thickly on it before sending it to table.

*Time—*30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 190.—BLANC-MANGE.*Ingredients—*

1½ pint milk, 4 eggs, 4 oz. loaf sugar, rind of $\frac{1}{2}$ a lemon, 1 oz. isinglass.

Method—

Peel the lemon as thinly as possible, and put the rind in a lined saucepan with the milk, sugar, and isinglass. Let the saucepan remain by the side of fire for about 15 minutes until the isinglass is melted, and the milk nicely flavoured with lemon. Then take out the lemon peel. Beat and strain the eggs, pour the hot milk on them, then stir well and

return the mixture to the saucepan. Cook it over a very gentle fire until the mixture thickens as for custard, pour it into a well-wetted mould, and set aside until quite cold.

The lemon rind may be omitted, and $\frac{1}{4}$ tea-spoonful vanilla or almond flavouring substituted, if preferred.

Sufficient for 1-quart mould.

No. 191.—BOILING (Remarks on).

Meat intended to be served should be put on in very hot water, the better to keep in its juices, brought quickly to boiling point, and simmered gently until done. An apple sliced and added to the water the meat is cooked in is a simple and effective way of rendering the meat tender. Fresh meat and bones intended for soup should be covered with cold water, and heated as slowly as possible by the side of the stove to draw as much of the goodness as is possible from the meat. They should be very gently stewed for some hours until every particle of nourishment has been extracted.

Most kinds of fish are put on in cold water, well salted. Fish must always be very gently simmered, or the skin will break and the fish present a very unsightly appearance at table. Whilst fish must never be served in the least degree raw, it is equally important not to over-cook it, or the flavour will be much impaired. It is well to test the fish very lightly with the blade of a knife, by inserting it in the thickest part of the fish near the backbone. If the fish is inclined to come away easily from the bone it is done, and should be well drained and served without delay.

Vegetables must always be cooked in *plenty* of fast-boiling water, which should be well salted, and, for green vegetables, a tiny piece of soda, the size of a pea, may be added to

each $\frac{1}{2}$ gallon of water; this helps to preserve their colour, but very little must be used or the vegetables will taste soapy. To obtain dressed vegetables in the greatest perfection, the main things to be observed are: to dress them as fresh as possible; not to put them in the saucepan until the water is really boiling fast; to cook them in plenty of water and as rapidly as possible (without a cover to the saucepan); and to serve them very hot the moment they are done.

Puddings should be put on in plenty of boiling water to cover them, and a little fresh boiling water added from the kettle as that in the saucepan boils away. They must not be allowed to cease boiling for an instant. Delicate puddings, such as cabinet pudding, should be steamed in about $1\frac{1}{2}$ inches of water, a little more being added from time to time as the water evaporates.

No. 192.—BOUILLON.

Ingredients—

3 lbs. leg of beef, 2 quarts water, 2 carrots, 2 turnips, 1 onion, 2 leeks, $\frac{1}{2}$ head of celery, $\frac{1}{2}$ tea-spoonful savoury herbs, 1 tea-spoonful salt, 12 peppercorns.

Method—

Cut the meat into several pieces, lay them in a flat stewpan, and pour the water on them. Let this heat slowly by the side of the fire, skim it when it begins to boil, and simmer it gently for 30 minutes, skimming it carefully from time to time. Well wash the vegetables, slice them, and add them, with the herbs and seasoning, to the meat. Stew the broth gently for another $3\frac{1}{2}$ hours. Strain it into a large bowl, and set it aside to cool. When required for use, skim off every particle of fat, and heat as much as is required to boiling point.

This is a nourishing and inexpensive

soup, and if carefully prepared, does not require any further clearing by means of white of egg or meat. It may be varied in many ways by the addition of Italian paste, semolina, Julienne vegetables, etc. They should be gently simmered in the broth, when it is heated up for table, until they are tender. It is not advisable to use the bouillon as a soup the day on which it has been made, as it is very difficult to render it entirely free from fat.

*Time—*Altogether, about 4 hours.

Sufficient for 2 quarts of soup.

No. 193.—BOVRIL (To Use for Gravies).

Ingredients—

1 large tea-spoonful bovril, $\frac{1}{4}$ of a small onion, $\frac{1}{2}$ pint water, $\frac{1}{2}$ tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Put the bovril in a small saucepan, pour on it the boiling water, and stir well. Slice the onion, and simmer it in the bovril for 15 or 20 minutes. Then take out the onion, mix the arrowroot with a table-spoonful of cold water, stir this into the gravy, and add a seasoning of pepper and salt. Simmer for 2 or 3 minutes until sufficiently thickened; strain and serve.

This will be found a convenient method of making gravy for poultry or game, should there happen to be no stock in the larder. If bovril is used for cooking, it should be bought in the larger bottles of 8 or 16 oz. The small bottles are proportionately dearer, and if used constantly, would be rather an expensive luxury.

No. 194.—BRADENBURG PUDDING.

Ingredients—

$1\frac{1}{2}$ lb. black currants, 6 oz. moist sugar, $\frac{1}{2}$ pint water, 7 or 8 slices bread and butter, $\frac{1}{2}$ pint cream.

Method—

Strip the currants from their stalks and wash them. Put them in a saucepan with the sugar and water, bring to the boil, and stew them gently until thoroughly cooked. Well butter a pudding-basin, and line it with moderately thin bread and butter, cutting off all the crusts, and fitting in the pieces so as to form a neat case. Take the currants off the fire, and put them into the basin spoonful by spoonful, pressing them very gently against the sides. There should be plenty of rich, thick syrup for the currants to be very moist. When the basin is quite full, fit in a cover of bread and butter, and press it slightly. Put a saucer or plate over the basin, with a weight on top, and set it aside for at least 6 hours. Turn it out carefully on to a glass dish. Whip the cream, and cover the pudding with it.

This pudding can be made with advantage the day before it is required. It should be left in the basin as long as possible, and not turned out until required to be served.

Any juicy fruit may be used for this recipe. It is excellent made with raspberries and red currants, or with damsons. The fruit must, in every case, be *well-cooked*, with sufficient juice just to soak through the bread and butter case without breaking it.

*Time—*To cook currants, about 1 hour.

Sufficient for 5 or 6 persons.

No. 195.—BRADENBURG PUDDING
(Made with Blackberries).

Ingredients—

1 lb. blackberries, $\frac{1}{2}$ lb. apples, 6 oz. sugar, $\frac{1}{2}$ pint water, 7 or 8 slices bread and butter, $\frac{1}{2}$ pint cream.

Method—

Wash and pick the blackberries, peel, core, and slice the apples, and put these together in a saucepan with

the sugar and water. Bring to the boil, and then simmer gently until the blackberries are quite tender.

Well butter a pudding-basin, and line it with moderately thin bread and butter, from which cut off all the crust. Fit in the pieces exactly, so as to form a neat case. Take the hot blackberries off the fire, and with a spoon put them carefully into the basin, pressing the fruit very gently against the sides. There should be plenty of rich, thick syrup for the fruit to be very moist.

When the basin is quite full, fit in the bread and butter cover, and press it gently, put a saucer or plate over the basin with a weight on top. Stand it aside for 6 hours. Turn it out carefully into a glass dish. Have the cream ready whipped, and cover the pudding with it.

*Time—*To cook blackberries, $1\frac{1}{2}$ to 2 hours.

Sufficient for 5 or 6 persons.

No. 196.—BRAWN.

Ingredients—

1 pig's head, 1 lb. beef steak, 2 tea-spoonfuls salt, 1 tea-spoonful pepper, 1 tea-spoonful mixed sweet herbs, 1 onion, 1 carrot, water.

Method—

Cleanse the head carefully. Put it into a stewpan with the beef. Add the vegetables, which must be cut into small pieces, and pour in sufficient cold water to cover the meat. Boil gently for 4 hours, skimming occasionally.

Make a large earthenware dish very hot in the oven, lift out the pig's head and drain it for a minute or two. Then lay it on the hot dish, and, putting that on the fender, remove all the bones from the head as quickly as possible, and cut it and the beef into small pieces. Sprinkle in the seasoning and

mix well. Then turn the brawn into oval cake moulds and put aside to cool. Put a plate on the top of each mould, with a heavy weight on top. The brawn will keep for several days. It is necessary to put the pig's head on a *very hot* dish, and chop the meat before the fire, or the fat will settle in the meat and spoil the brawn. When required for table, dip the mould into boiling water for half a minute. Turn the brawn into a clean dish, and garnish with very fresh parsley.

Time—To cook, 4 hours.

Sufficient for 8 or 10 people.

No. 197.—BRAWN (Another Recipe).

Ingredients—

1 pig's head, 1 tea-spoonful mixed herbs, 6 crushed peppercorns, $\frac{1}{2}$ tea-spoonful salt, 3 carrots, 2 onions, $\frac{1}{2}$ head celery, 2 sprigs parsley, water.

Method—

Procure a lightly salted pig's head, and have it cut in half and boned at the butcher's. Spread it out flat. Cut some of the flesh from the lean parts, and lay it on the fatter portions. Cut the tongue into thin strips and lay them in the head. Mix together the herbs, crushed peppercorns, and salt, and sprinkle half the mixture over the pig's head. Roll the head up as tightly as possible. Lay the roll in a stout and very clean cloth, and tie it round very firmly with tape or string.

Choose a stewpan a little larger than the brawn. Cut the vegetables into small pieces, and cover the bottom of the pan with part of them. Lay the roll of brawn on this, and put the rest of the vegetables, the seasoning, and parsley round and on the roll. Pour in sufficient cold water to cover the brawn. Bring the meat to boiling point, and boil gently for 4 hours.

Then turn the contents of the stewpan just as they are into a deep pan, and set it aside for 1 hour. At the end of that time lift out the brawn. Lay it in a dish. Put a plate on it, with a heavy weight on top, and leave it to become quite cold. Then take it out of the cloth, put it on a fresh dish, and it is ready for table.

Time—Altogether, until ready about $5\frac{1}{2}$ hours.

To become quite cold, leave about 5 or 6 hours.

Sufficient for 8 or 10 persons.

No. 198.—BREAD (Household).

Ingredients—

1 quartern flour, 1 oz. German yeast, $\frac{1}{2}$ pint milk, $1\frac{1}{4}$ pints water, 1 small tea-spoonful salt, 1 tea-spoonful sifted sugar.

Method—

Put the yeast in a small basin with a tea-spoonful of sugar, and stir them together. Add the hot water to the milk (both should be rather full measure) and mix them with the yeast. Mix the salt with the flour, make a hollow in the centre, pour in the liquid, and mix the dough with a strong wooden spoon. Then knead it lightly, but thoroughly. Lay it in an earthenware pan, cover this with a cloth, and set it aside in a warm but not hot place until it is well risen, which will be in about 1 hour. Knead it thoroughly again, and leave it to rise for another hour; after which make it up lightly into loaves, lay them on buttered tins, and bake in a good oven until well cooked. The loaves should not be taken out of the oven until they feel firm and crisp, and sound hollow when tapped with the finger.

Time—About $1\frac{1}{2}$ hours.

Sufficient for 2 or 3 loaves.

No. 199.—BREAD (Brown).*Ingredients—*

2 lbs. household flour, $1\frac{1}{2}$ lbs. whole meal flour, 1 oz. German yeast, $\frac{1}{2}$ pint milk, $1\frac{1}{4}$ pints water, small tea-spoonful salt, 1 tea-spoonful sifted sugar.

Method—

Mix the flours together and add the salt. Then proceed exactly as in preceding recipe.

No. 200.—BREAD (French).*Ingredients—*

2 lbs. fine flour, 1 oz. yeast, 1 tea-spoonful sugar, 1 tea-spoonful salt, 1 egg, 1 pint milk, 2 oz. butter.

Method—

Mix the flour and salt together and rub the butter into them. Mix the yeast and sugar together. Warm the milk, mix with it the egg, beaten and strained, and add them to the yeast. Make a hollow in the centre of the flour, pour in the liquid, and with a wooden spoon mix it to a smooth dough. Turn the dough on to a well-floured board and knead it lightly, then put it into an earthenware pan and set it in a warm place to rise. At the end of an hour knead it again, and leave to rise for another hour, when, if the bread has risen well, make it at once into small loaves or rolls. Brush over the tops with milk, and bake them in a good oven until they are brown and crisp, and the bottom of the loaf sounds hollow when tapped with the finger.

*Time—*1 to $1\frac{1}{2}$ hours.

Sufficient for 3 or 4 loaves.

No. 201.—BREAKFAST ROLLS.*Ingredients—*

1 lb. flour, 1 oz. butter, the yolk of 1 egg, $\frac{1}{2}$ pint milk, 1 tea-spoonful baking-powder, $\frac{1}{4}$ tea-spoonful salt.

Method—

Mix the baking-powder and salt with the flour, and rub the butter into it. Beat the yolk of egg, add the milk to it, and mix this with the flour, making it into a firm dough with a wooden spoon. Turn the dough on to a floured board and divide it into 12 pieces. Knead each piece very lightly into an oval-shaped roll, lay them on a floured tin, and bake in a quick oven. Serve hot.

*Time—*About 20 minutes.

Sufficient for 12 rolls.

No. 202.—BREADCRUMBS (Fried).*Ingredients—*

2 rounds bread, 1 oz. butter.

Method—

Put the bread in a very gentle oven and let the slices dry until they are quite crisp. Roll them into fine crumbs with the rolling-pin, and sift them through a fine sieve. Melt the butter in a small frying-pan, put in the crumbs, and fry them for a few minutes until they are equally coloured of a fine golden-brown. Drain them well on kitchen paper, and serve on a small hot plate as an accompaniment to game.

*Time—*To dry the bread, 2 or 3 hours. To fry, about 10 minutes.

Sufficient for 1 brace of birds.

No. 203.—BREAD (Fried, to Serve with Soup).*Ingredients—*

2 rounds stale bread, 2 oz. butter.

Method—

Cut the bread about $\frac{1}{4}$ inch thick, and stamp it out with a very small pastry cutter into circles, or any shape preferred. Melt the butter in a delicately clean frying-pan, put in the

small pieces of bread and fry them a bright golden colour. They must be done over a gentle fire, and moved occasionally, care being taken that none of them burn. When they are all cooked, turn them on to a sheet of kitchen paper to absorb the grease, and serve at once on a small hot plate.

Time—About 10 minutes.

Sufficient for 5 or 6 persons.

No. 204.—BREAD PUDDING

Ingredients—

6 oz. breadcrumbs, 4 oz. sugar, 4 oz. raisins, 4 oz. currants, 2 oz. candied peel, 2 oz. butter, 4 eggs, 1 pint milk.

Method—

Heat the milk to boiling point, and pour it on the crumbs; beat in the butter, cover up the basin, and let this stand for 30 minutes. Stone and halve the raisins, wash and pick the currants, and cut the candied peel into thin slices. Mix these thoroughly with the soaked breadcrumbs and add the sugar. Beat and strain the eggs and stir them into the mixture. Pour the pudding into a pie-dish, and bake carefully in a moderately quick oven.

Time—40 to 50 minutes.

Sufficient for 5 or 6 persons.

No. 205.—BREAD PUDDING (Another Recipe).

Ingredients—

1 lb. bread, $\frac{1}{2}$ lb. raisins, 2 oz. currants, 2 oz. candied peel, 3 oz. moist sugar, 1 pinch mixed spice, $1\frac{1}{2}$ pints milk, 2 eggs.

Method—

Put the bread in a large basin, and pour on it 1 pint of boiling milk. Leave it to soak for 4 or 5 hours until it is quite soft, then mash it thoroughly with a fork. Stone and halve the

raisins, wash and pick the currants, and cut the peel into thin slices, add these to the bread with the sugar and spice, and mix all well together. Beat the eggs, and mix them with the remaining $\frac{1}{2}$ pint of milk. Strain this on to the pudding, and stir the mixture well. Butter a pie-dish, pour in the pudding, and bake it in a moderately quick oven until nicely browned on top, and nearly cooked through. Turn it out of the pie-dish on to a buttered tin, top downwards, and cook it again until browned all over, taking great care not to let it burn. Then put aside until quite cold.

Pieces of stale bread or the crust of a loaf left from breadcrumbs may be used in this way, but if the bread is very hard it should be left in the boiling milk for 12 hours.

Time—To bake in pie-dish, 3 hours.

To bake on tin, another hour.

Sufficient for 1-quart pie-dish.

No. 206.—BROWN BREAD PUDDING.

Ingredients—

$\frac{1}{4}$ lb. brown breadcrumbs, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. candied peel, 2 oz. moist sugar, $\frac{1}{2}$ tea-spoonful salt, chopped rind of $\frac{1}{2}$ a lemon, 4 eggs.

Method—

Chop the suet finely, stone and divide the raisins, and cut the peel into small pieces, add them with the sugar, salt, and lemon rind to the breadcrumbs, and mix all well together. Beat and strain the eggs, add them to the pudding, stir it well, and pour it into a buttered mould. Tie a buttered paper over the top and cover this with a floured cloth. Plunge into boiling water, and boil for 4 hours. Turn it out when cooked, and sprinkle over with sifted sugar.

Time—4 hours.

Sufficient for 5 or 6 persons.



No. 207.—BREAD AND BUTTER PUDDING (Baked).*Ingredients—*

8 or 10 slices thin bread and butter, 2 oz. sultanas, 2 oz. currants, 2 oz. candied peel, 1 oz. sugar, 1 pint milk, 3 eggs.

Method—

Wash and pick the currants and sultanas, cut up the candied peel finely, and mix these together with the sugar. Fill a pie-dish with alternate layers of bread and butter, and the fruit, etc. Beat and strain the eggs, add them to the milk, and mix well together. Pour about two-thirds of this carefully over the pudding, and set it aside to stand for 1 hour. Then add the rest of the egg and milk, and bake in a moderate oven.

*Time—*45 minutes.

Sufficient for 4 or 5 persons.

No. 208.—BREAD AND BUTTER PUDDING (Boiled).*Ingredients—*

8 or 10 slices thin bread and butter, 2 oz. raisins, 2 oz. currants, 2 oz. candied peel, 1 oz. sugar, 1 pint milk, 3 eggs.

Method—

Well butter a pudding-basin, and line it with thin bread and butter. Stone and halve the raisins, wash and pick the currants, chop finely the candied peel, and mix these together with the sugar. Fill up the basin with alternate layers of bread and butter and mixed fruit. Leave a little space at the top. Beat and strain the eggs, add them to the milk, and pour this over the pudding. Set it aside to stand for an hour, then cover the top with a buttered paper, tie the pudding up securely in a floured cloth, and plunge it into boiling water. When cooked

turn it out of the basin, sprinkle over with sifted sugar, and serve.

*Time—*To boil, 1 hour.

Sufficient for 4 or 5 persons.

No. 209.—BREAD SAUCE.*Ingredients—*

$\frac{3}{4}$ pint milk, $\frac{1}{2}$ a small onion, $\frac{1}{2}$ pint breadcrumbs, 1 oz. butter, 6 peppercorns, seasoning pepper and salt.

Method—

Boil the onion in the milk for 15 minutes. Take it out and pour the boiling milk on to the breadcrumbs. Cover the basin with a plate, and let it stand for 10 minutes, then return the sauce to the saucepan, add the peppercorns, and stir for 5 minutes until the sauce is thick and smooth, then put in the butter, pepper, and salt, and go on stirring until the butter is quite melted, but do not let the sauce boil. Serve quickly, and as hot as possible.

Sufficient for 5 or 6 persons.

No. 210.—BREAD SAUCE (Very Fine).*Ingredients—*

$\frac{1}{2}$ pint breadcrumbs, $\frac{1}{2}$ pint milk, 1 oz. butter, 2 table-spoonfuls cream, seasoning pepper and salt, a very little cayenne.

Method—

Make the milk boiling hot in a lined saucepan. Put the breadcrumbs in a basin, and pour the milk on to them. Cover the basin with a plate and let the crumbs remain to soak for 15 minutes, then turn the sauce back into the saucepan, add the butter, pepper, and salt, and let it simmer for 5 minutes. Stir in the cream, and a very slight sprinkling of cayenne; boil again for 2 minutes, and serve immediately.

If the flavour of onion is liked, $\frac{1}{2}$ a small onion should be boiled in the milk for 3 or 4 minutes, and taken out before it is poured on the breadcrumbs. *Sufficient for 4 or 5 persons.*

No. 211.—BREAD SAUCE (Easily Made).

Ingredients—

$\frac{1}{2}$ pint milk, 2 oz. crumb of a loaf, $\frac{1}{2}$ a small onion, 6 peppercorns, $\frac{1}{2}$ oz. butter, seasoning pepper and salt.

Method—

Put the milk and onion into a saucepan to become very hot, then crumble the bread into the milk, add the peppercorns, and leave to soak for 30 minutes, taking care that the milk does not boil. When ready to serve take out the onion, add the butter, pepper, and salt, and beat with a fork until quite smooth. Bring again to the boil, and serve very hot.

This sauce should be made if possible in a Bain Marie saucepan.

Sufficient for 4 or 5 persons.

No. 212.—BRILL (Boiled).

Ingredients—

1 brill, $\frac{1}{2}$ gallon water, 1 large table-spoonful salt, 1 dessert-spoonful vinegar.

Method—

Rub the brill with a cut lemon to preserve its whiteness, and put it in a fish-kettle, with sufficient cold water to cover it. Add to this the salt and vinegar. Bring the fish gently to boiling point, and simmer gently for 20 to 25 minutes. Drain carefully, dish on a hot fish-napkin, garnish with parsley and cut lemon, and send melted butter to table with it.

*Time—*For a brill of moderate size, 20 to 25 minutes.

Sufficient for 4 or 5 persons.

No. 213.—BRILL à la CRÊME.

Ingredients—

Remains of a cold brill, $\frac{1}{2}$ pint cream sauce or melted butter, the juice of $\frac{1}{2}$ a lemon, small pinch cayenne.

Method—

Remove all skin and bone from the fish and divide it into small pieces. Make hot $\frac{1}{2}$ pint of sauce, and heat the fish slowly in it. When the fish is thoroughly hot put in the lemon juice and cayenne, mix well, and serve on a very hot dish.

*Time—*About 20 minutes.

No. 214.—BRILL, FILLETS OF (Fried).

Ingredients—

1 small brill, 2 table-spoonfuls oil, juice of 1 lemon, 1 tea-spoonful chopped parsley, $\frac{1}{2}$ tea-spoonful chopped onion, seasoning pepper and salt, breadcrumbs, 1 egg, fat for frying.

Method—

Fillet the brill neatly, and divide each fillet into 2 pieces, thus making 8 fillets in all. Mix together the oil, lemon juice, chopped parsley, onion, and seasoning, and let the fillets lie in this mixture for 1 or 2 hours. Take them out, dry them on a cloth, and egg and breadcrumb them carefully. Lay them in a frying-basket, and fry in plenty of boiling fat. Serve on a hot fish-napkin, and send melted butter to table with them.

*Time—*7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 215.—BROCCOLI (Boiled).

Ingredients—

2 lbs. broccoli, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Trim off the outside leaves and part of the stalks as for cauliflowers, and soak the broccoli very thoroughly in plenty of salted water. Lay the heads in plenty of boiling water, salted in the above proportion, and boil quickly until tender. Take them up, drain thoroughly, and put in a very hot dish. Pour over $\frac{1}{4}$ pint melted butter, unless preferred plain.

*Time—*15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 216.—BROWNING: or PARISIAN ESSENCE.

Ingredients—

4 oz. pounded white sugar, $\frac{1}{2}$ pint water.

Method—

Put the sugar in a small saucepan, and stir it as it melts until it becomes a very dark brown syrup, then pour in the water, a little at a time, mix thoroughly, strain, and bottle for use.

A few drops only should be used to produce the colour required.

*Time—*30 minutes.

Sufficient for $\frac{1}{2}$ pint of browning.

No. 217.—BROWN SAUCE.

Ingredients—

2 lbs. shin of beef, $\frac{1}{4}$ lb. lean ham, 2 oz. butter, 2 onions, 1 carrot, 1 turnip, 1 sprig parsley, 1 bay leaf, 12 peppercorns, 1 tea-spoonful salt, 3 pints water, 1 large tea-spoonful arrowroot.

Method—

Melt the butter in a stewpan. Cut the ham and vegetables into dice, and stir them into the butter until well browned. Then add the shin of beef cut up, the seasoning and water. Simmer gently for 2 hours. Strain through a sieve and set aside to cool. When cold, carefully remove all the fat, and mix the arrowroot smoothly

with $\frac{1}{4}$ pint of the stock. Heat the remainder to boiling point. Add the thickening gradually, and boil the sauce for 3 or 4 minutes, stirring constantly, until sufficiently thickened.

*Time—*To fry vegetables, about 10 minutes.

To simmer stock, 2 hours.

To boil sauce, 3 to 5 minutes.

Sufficient for 1 quart of sauce.

No. 218.—BRUSSELS SPROUTS.

Ingredients—

1 lb. Brussels sprouts, $\frac{1}{2}$ gallon boiling water, 1 table-spoonful salt, small piece soda, the size of a pea.

Method—

Soak the sprouts in cold salt and water for 1 hour. Trim off any discoloured leaves, and cut off the bottom of the stalks. Put them into boiling water, salted in the above proportion, and add a tiny piece of soda. Boil them quickly until tender. Then take them up, drain very thoroughly, and serve immediately.

*Time—*After the water re-boils, 10 to 12 minutes.

Sufficient for 3 or 4 persons.

No.—219. BRUSSELS SPROUTS à la FRANÇAISE.

Ingredients—

1 lb. sprouts, 1 oz. butter, juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Prepare and boil the sprouts as in preceding recipe, and drain them very dry. Return them to the saucepan with the butter and lemon juice, and season with pepper and salt. Shake round in the saucepan for 2 or 3 minutes, until the butter is melted, then serve immediately in a very hot dish.

*Time—*Altogether 12 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 220.—BULLOCK'S HEART
(Braised).*Ingredients—*

1 heart, forcemeat No. 535, or No. 542, 1 quart stock, 2 carrots, 2 onions, 1 turnip, 1 sprig parsley and thyme, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 table-spoonful mushroom ketchup, small wine-glass claret, small tea-spoonful arrowroot.

Method—

Wash the heart as clean as possible, cut away the lobes and fill the space with forcemeat. Tie the heart up carefully with tape, and lay it in a stew-pan nearly of its own size. Cut the vegetables into small pieces, and put them and the seasonings on and round the heart. Pour in sufficient stock to cover all, bring it to the boil, and simmer gently for 4 hours. Lift out the heart, take off the tapes and lay it on a very hot dish, with some of the vegetables neatly arranged round it. Mix the arrowroot smoothly with the mushroom ketchup and the claret, stir this into the boiling stock, boil it for 2 or 3 minutes until the sauce is rich and thick, then strain it over the heart, and serve immediately.

*Time—*4 hours.

Sufficient for 5 or 6 persons.

No. 221.—BULLOCK'S HEART
(Roast).*Ingredients—*

1 heart, forcemeat No. 535, or No. 542, $\frac{1}{2}$ lb. dripping or refined suet for basting, $\frac{1}{2}$ pint brown gravy.

Method—

Wash the heart very clean, cut out all the lobes, lay it in a saucepan with sufficient hot water to cover it, bring it quickly to boiling point and boil for 1 hour. Then lift it out, and when cool enough to handle, fill the cavities of the heart with forcemeat, and roast it for $1\frac{1}{2}$ hours, basting it constantly.

Serve on a very hot dish, with the brown gravy made boiling hot, and poured over it.

*Time—*To boil, 1 hour.

To bake, $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 222.—BUNS (Cream).*Ingredients—*

1 lb. flour, 1 tea-spoonful baking-powder, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. sultanas, 2 oz. mixed candied peel, 2 oz. sugar, $\frac{1}{2}$ pint cream, 2 eggs.

Method—

Pick the sultanas and shred the candied peel finely. Mix the flour and baking-powder together, and rub in the butter. Add the sultanas, candied peel, and sugar, and mix well. Beat and strain 1 egg, add it to the cream, and mix the flour, etc., with these. Divide the dough into 12 portions, knead these up lightly into buns, brush over the tops with the other egg, beaten and strained, and bake in a moderate oven.

*Time—*About 30 minutes.

Sufficient for 12 buns.

No. 223.—BUNS (Plain).*Ingredients—*

1 lb. flour, 1 tea-spoonful baking-powder, $\frac{1}{4}$ lb. currants, 2 oz. butter, 2 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Mix the flour and baking-powder together, and rub in the butter. Add the currants (picked, washed, and dried) and sugar, and make it up into a rather firm dough with the milk, using a wooden spoon to mix with. Divide the dough into 12 portions, knead these up lightly into buns, brush the tops over with a little milk, and bake in a moderate oven.

*Time—*20 to 30 minutes.

Sufficient for 12 buns.

No. 224.—BUTTER (Browned).*Ingredients—*

$\frac{1}{4}$ lb. butter, 2 table-spoonfuls white wine vinegar, seasoning black pepper and salt.

Method—

Melt the butter in a small saucepan, and let it become quite brown, shaking the saucepan round to prevent it burning. Make the vinegar hot, add it, a little at a time, to the brown butter, mix them well, add the pepper and salt, and serve in a sauce-boat as an accompaniment to boiled skate.

*Time—*About 10 minutes.

Sufficient for 4 or 5 persons.

No. 225.—BUTTER (To Clarify).*Method—*

Put the butter in a small saucepan, and let it melt. Stir it round gently two or three times, and leave it for a few minutes, then pour it off carefully into a clean jar, leaving the sediment behind. Use where directed for covering potted meats, etc.

No. 226. — BUTTER, MAÎTRE d'HÔTEL.*Ingredients—*

3 oz. butter, 1 table-spoonful chopped parsley, juice of 1 lemon, seasoning pepper and salt.

Method—

Chop the parsley as fine as possible, mix it with the butter, add the lemon juice, pepper, and salt, and mix thoroughly. In hot weather the butter, when finished, should be put on ice for a short time before using it.

No. 227.—BUTTER (Melted).*Ingredients—*

1 table-spoonful flour, 1 oz. butter, $\frac{1}{2}$ pint milk, seasoning pepper and salt.

Method—

Mix the flour with 2 spoonfuls of milk into a thick batter which must be quite smooth. Put the rest of the milk into a lined saucepan, and heat it to boiling point, then pour it slowly on to the batter, stirring rapidly. Return the whole to the saucepan, add the butter, pepper, and salt, and stir it unceasingly until the sauce thickens sufficiently.

If carefully made, this sauce will be found of delicate flavour, and perfectly free from lumps.

*Time—*About 5 or 6 minutes.

Sufficient for 5 or 6 persons.

No. 228.—BUTTER (Melted to serve with Asparagus).*Ingredient—*

$\frac{1}{4}$ lb. butter.

Method—

Put the butter in a small lined saucepan, heat it gently, and let it simmer, skimming it carefully, until it is of a clear, pale golden colour. Have ready a very hot sauce-boat, pour the melted butter into it, leaving behind any sediment there may be, and serve immediately.

*Time—*20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 229.—CABBAGE (Boiled).*Ingredients—*

1 cabbage, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, 1 piece soda the size of a pea.

Method—

Cut off the outside leaves and as much as possible of the stalk. Quarter the cabbage and soak it thoroughly in salt and water. Put it into plenty of boiling water, add the salt and soda, and boil it quickly until tender. Take it up, drain it very carefully, turn it

on to a board, and chop lengthwise and across about six times. Have your vegetable dish ready very hot, and serve immediately.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 230. — CABBAGE, YOUNG SPRING (Boiled).

Ingredients—

3 or 4 small spring cabbages, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, 1 piece soda, the size of a pea.

Method—

Cut off the outside leaves and as much as possible of the stalk. Wash the cabbages thoroughly in salt and water. Put them into plenty of boiling water, add the salt and tiny piece of soda, and boil them quickly until tender. Turn them into a colander, press them gently with a plate, and see that they are well drained. Serve quickly.

Time—10 to 15 minutes after the water re-boils.

Sufficient for 4 or 5 persons.

No. 231.—CABBAGE, RED (Pickled).

Ingredients—

1 red cabbage, 3 table-spoonfuls salt, 1 quart vinegar, $\frac{1}{2}$ oz. crushed ginger, 1 oz. whole black pepper, small pinch cayenne, 10 drops cochineal.

Method—

Remove the outside leaves and the stalks of the cabbage, and cut it across in very thin slices. Lay these on a dish, and sprinkle over them the salt. Cover them with another dish, and let them remain for 24 hours. Then turn them into a colander, let them drain thoroughly, and place them in a jar. Boil up the vinegar and spices, add the cochineal, and set it aside to cool.

When cold, strain it over the cabbage, tie down the jar, and set aside for a week.

This pickle should be used when ready, and not stored away for a long time, as it does not keep well. It is best made in winter, as the leaves are much more crisp when just touched by the frost.

No. 232.—CABBAGE, RED (Stewed).

Ingredients—

1 red cabbage, 1 small apple, 1 pint stock, 2 table-spoonfuls vinegar, seasoning pepper and salt, 1 table-spoonful pounded sugar.

Method—

Remove the outside leaves and as much as possible of the stalk, and wash the cabbage very thoroughly in salt and water. Cut it in quarters and halve these. Chop the apple finely, and put it with the cabbage, vinegar, and $\frac{3}{4}$ pint of stock into a stewpan. Stew gently for 1 hour. Then add the remainder of the stock, the pepper, salt, and sugar, and stir all together over the fire for 8 or 10 minutes. Serve very hot.

Time—1 hour and 10 minutes.

Sufficient for 4 or 5 persons.

No. 233.—CABINET PUDDING.

Ingredients—

6 sponge cakes, 2 oz. ratafias, $\frac{1}{4}$ lb. raisins, 2 oz. citron rind, 2 oz. sugar, 3 eggs, $1\frac{1}{4}$ pints milk.

Method—

Well butter a quart mould or basin; arrange some of the raisins and citron rind at the bottom. Put in a layer of sponge cakes, cut in quarters, and sprinkle over them some of the ratafias, fruit, and sugar. Cover these with another layer of sponge cakes, fruit, etc., and pro-

ceed in this way until the basin is filled. The raisins must be stoned and halved, and the peel cut into thin slices. Beat and strain the eggs, mix them with the milk, and pour this over the sponge cakes. Stand it aside for 1 hour. Then lay a buttered paper over the top of the mould, tie it in a well-floured cloth, and plunge the pudding into boiling water. Boil it very gently, and when done let it stand a few minutes before it is turned out of the mould.

Time—1 hour.

Sufficient for 5 or 6 persons.

No. 234.—CABINET PUDDING (Very Fine).

Ingredients—

6 sponge cakes, 2 oz. ratafias, 2 oz. raisins, 2 oz. sultanas, $\frac{1}{2}$ lb. glacé apricots, $\frac{1}{4}$ lb. glacé cherries, 2 oz. angelica, 3 eggs, $1\frac{1}{4}$ pints milk, 1 oz. sugar, 1 table-spoonful brandy.

Method—

Cut the sponge cakes into quarters, stone and halve the raisins, wash and pick the sultanas, cut each apricot into 4 or 5 pieces, and chop the angelica finely. Well butter a quart mould or basin. Arrange some glacé cherries and a little chopped angelica in the bottom of it. Put in a layer of sponge cake, then one of fruit, and fill the basin in this manner, distributing the ratafias in proportionate numbers to each layer. Beat and strain the eggs, add to them the milk, sugar, and brandy, beat well together and pour over the sponge cakes. Stand the pudding aside for 1 hour. Tie a buttered paper over the top, and steam very carefully.

Serve apricot sauce No. 77 separately in a boat, or pour it over the pudding if preferred.

Time—1 hour.

Sufficient for 5 or 6 persons.

No. 235.—CAFÉ au LAIT.

Ingredients—

1 pint boiling milk, 2 table-spoonfuls coffee essence or $\frac{1}{4}$ pint *very strong* coffee.

Method—

Put the coffee in a jug, pour on to it the boiling milk, and serve immediately.

Sufficient for 2 breakfast-cups.

No. 236.—CAFÉ NOIR.

Ingredients—

$1\frac{1}{2}$ oz. coffee, $\frac{1}{2}$ pint boiling water.

Method—

Grind the coffee immediately before using. Heat the coffee-pot thoroughly, put in the coffee, pour on $\frac{1}{2}$ pint of boiling water very slowly, and let it stand until all has run through. Serve in small coffee-cups with brandy and liqueurs.

Sufficient for 4 or 5 small coffee-cups.

No. 237.—CAKES (Remarks on).

All cakes should be thoroughly cooked in a tin lined with buttered paper, and should have a buttered paper laid over them as soon as they are nicely browned on top.

It will be observed that I have generally given directions that the butter is to be *melted* with as slight a degree of heat as will suffice to liquify it, and beaten in, a tea-spoonful at a time, the last thing before the cake is put into the oven. This will be found much less trouble than beating the butter to a cream and mixing the other ingredients with it. In a few instances, such as pound cake, I have adhered to the old-fashioned way as being suited to that particular composition. In these cases the butter should be put into a small, hot basin, and beaten with

a wooden spoon until it becomes smooth and creamy.

Eggs must always be beaten and *strained* before they are added to the cake, and any other liquid, such as milk or brandy, should be added to the eggs before they are mixed with the dry ingredients, so that the whole cake is moistened at once.

Currants should be washed and picked, then spread out on a large dish (which should be put on the kitchen fender), and very slowly dried. They must be *quite* dry before they are used or the cakes will be heavy.

Sugar should be pounded, but brown sugar may be used in plain cakes.

Great care must be taken in the baking of cakes. Further directions for the heat of oven, etc., may be found under "Remarks on Baking."

Only really fresh eggs and fruit of fine quality should be used.

No. 238.—CAKE (Birthday).

Ingredients—

1 lb. flour, 1 tea-spoonful baking-powder, 1 pinch salt, $\frac{1}{2}$ lb. butter, 6 oz. currants, 6 oz. sultanas, 4 oz. candied peel, 4 oz. sugar, 2 oz. ground sweet almonds, 3 eggs, $\frac{1}{4}$ pint milk, 1 table-spoonful brandy, icing No. 668, made with whites of 3 eggs and sugar in proportion.

Method—

Wash, pick, and dry the currants, pick the sultanas and finely shred the candied peel. Mix the baking-powder and salt with the flour, and lightly rub in the butter; add the fruit, peel, sugar, and almonds, and mix all well together. Beat and strain the eggs, add the milk and brandy to them, moisten the cake with these, and beat well for a few minutes. Line a cake tin with buttered paper, and half fill it with the mixture. Bake it carefully in a good oven, and when done take the cake out of the tin and stand it upon its side to cool.

As soon as it is cold make an icing as directed above, and cover the cake with it, using the blade of a knife to spread the icing. Keep about a table-spoonful of the icing, and colour it with 2 or 3 drops of cochineal; twist a cornet of stiff writing-paper, fill it with the coloured icing, and write the date of the birthday on top of the cake. Set it in a *very cool* oven for the icing to harden, and put it away to become firm.

This cake should be made at least 2 days before it is needed.

Time—To bake cake, $1\frac{3}{4}$ to 2 hours.
To set the icing, 30 minutes.

Sufficient for 1 large cake.

No. 239.—CAKE (A Plain).

Ingredients—

$1\frac{1}{4}$ lbs. flour, 1 tea-spoonful baking-powder, 6 oz. butter, or clarified dripping, $\frac{1}{2}$ lb. currants, 6 oz. sugar, $\frac{1}{2}$ pint milk, a pinch salt.

Method—

Wash and pick the currants and dry them thoroughly. Mix the baking-powder and salt with the flour, and rub in the butter or dripping, add the currants and sugar, and mix well. Make the milk warm but not hot, moisten the cake with it, and beat it for a few minutes. Then half fill a buttered cake tin with the mixture, and bake in a moderately quick oven. When cooked turn the cake out of the tin, and stand it on its side to cool.

Time— $1\frac{1}{2}$ hours.

Sufficient for 1 large cake.

No. 240.—CAKE, POUND (Rich).

Ingredients—

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. pounded sugar, $\frac{1}{2}$ lb. currants, 2 oz. candied peel, 4 eggs, 1 table-spoonful brandy.

Method—

Wash, pick, and dry the currants, and finely shred the candied peel. Beat the butter to a cream, dredge in the flour, sugar, currants, and peel. Beat and strain the eggs, add the brandy to them, and moisten the cake with these. Beat thoroughly for a few minutes, then half fill a cake tin which has been lined with buttered paper, and bake in a good oven. When cooked turn the cake out of the tin and stand it on its side to cool.

*Time—*1½ hours.

Sufficient for 1 cake, moderate size.

No. 241.—CALF'S FEET (Boiled).*Ingredients—*

2 calf's feet, juice of 1 lemon, 6 peppercorns, 2 sprigs parsley, ½ small onion, ½ pint parsley, and butter No. 892.

Method—

Put the calf's feet in a saucepan with the lemon juice, sliced onion, parsley, and peppercorns. Pour in sufficient cold water to cover them, bring to the boil, and simmer gently for 2½ hours. Take them out, drain them, and lay on a very hot dish, pour the parsley and butter over, and serve.

*Time—*2½ hours.

Sufficient for 4 or 5 persons.

No. 242.—CALF'S FOOT BROTH.*Ingredients—*

1 calf's foot, 1 oz. butter, 1 quart cold water, the yolks of 2 eggs, 1 tea-spoonful lemon juice, seasoning salt and cayenne.

Method—

Melt the butter in a small stewpan, add the foot, cut into small pieces, and brown them for 8 or 10 minutes. Then

pour in the water, and simmer gently for 1½ hours, strain into a basin, and set it aside to cool. When perfectly cold take off every particle of fat, and heat the broth nearly to boiling point. Beat and strain the yolks of eggs, add the broth to them, stirring vigorously, return it to the saucepan, and stir over the fire until nicely thickened, but be very careful not to let it *boil* or the broth will curdle instantly, add the lemon juice, salt, and cayenne, and serve at once.

*Time—*To simmer stock, 1½ hours.

To heat and thicken broth, altogether 10 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 243.—CALF'S FOOT JELLY (Stock for).*Ingredients—*

2 calf's feet, 2 quarts water.

Method—

See that the feet are perfectly clean. The butcher will probably send them in scalded, etc. Cut them into pieces, and lay them in a saucepan which will hold a gallon. Pour the water over, and bring slowly to the boil. Stew gently for 5 hours. By the end of this time the stock should be reduced to half. Strain it through a sieve, and set aside for 12 hours.

Sufficient for 1 quart of stock.

No. 244.—CALF'S FOOT JELLY (Clear Wine).*Ingredients—*

1 quart calf's foot stock, the whites and shells of 4 eggs, ¼ pint cold water, the strained juice of 4 lemons and the rinds of 2, 5 oz. loaf sugar, ½ pint sherry, 1 table-spoonful brandy.

Method—

Take as much of the fat as possible off the top of the stock with a spoon.

Dip a cloth into boiling water, wring it out, and wipe off the remainder of the grease with it. It is most important for the stock to be absolutely free from any fat, as the grease would seriously interfere with the process of clarification. Whisk the whites and crushed shells of the eggs with the water for a minute, and add them with the rinds and juice of the lemons, the sugar, brandy, and sherry, to the stock. Put all in a saucepan, which it should only half fill, and set it over the fire, stir briskly until it boils, then take the spoon out, and let it simmer gently for 8 minutes. Then strain it through a jelly-bag or clean cloth, pouring back that which first passes through, until the jelly runs clear. Pour it into a wetted mould. It will be ready for table in 12 hours. This jelly is capable of great variation in flavour and appearance, as will be noted in other recipes. *Sufficient for 1-quart mould.*

No. 245.—CALF'S HEAD (To Prepare for Cooking).

Have ready a large saucepan of boiling water, into which plunge the head, and boil it for 5 minutes. Then take it out, and with a blunt knife scrape off all the hair. Take out the eyes, cut off the ears, saw the head in half, lengthwise, and take out the brains. Put the head and brains into a large tub of hot water, and let them remain for an hour. Then carefully dry the head and brains, and it is ready for use.

No. 246.—CALF'S HEAD, à la MAÎTRE d'HÔTEL.

Ingredients—

Remains of calf's head, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup, 1 table-spoonful minced parsley, $\frac{1}{2}$ pint veal stock No. 1129 juice of $\frac{1}{2}$ a lemon, seasoning salt and cayenne.

Method—

Heat the stock in a small saucepan to boiling point; mix the arrowroot smoothly with the mushroom ketchup, and stir them into the stock. Simmer for 3 or 4 minutes until the sauce is smooth and thick. Cut the meat into dice, and heat it slowly in the sauce by the side of the fire. Then put in the lemon juice, parsley, salt, and cayenne, mix well, and serve.

*Time—*About 30 minutes.

Sufficient for 4 or 5 persons.

No. 247.—CALF'S HEAD (Boiled).

Ingredients—

1 calf's head, $\frac{1}{4}$ pint béchamel sauce, seasoning salt and pepper, juice of $\frac{1}{2}$ a lemon, 1 dessert-spoonful chopped parsley, $\frac{3}{4}$ pint parsley, and butter No. 893.

Method—

Prepare the head by preceding recipe (if the butcher has not sent it in ready for use), and remove the skin. Put the head in a large stewpan, and pour in sufficient cold water to cover it. Boil it gently for $2\frac{1}{2}$ hours; 30 minutes before serving put the brains in a saucepan, cover them with hot water, and boil them for 15 minutes, then take them out, chop them finely, and mix with them the chopped parsley. Have ready $\frac{1}{4}$ pint white sauce, mix the brains with it, add the lemon juice, pepper, and salt, and make all very hot. Lift out the calf's head, drain it, take out the tongue, and lay the head on a very hot dish. Skin the tongue, cut it into slices, and garnish the head with alternate pieces of tongue and spoonfuls of the brain sauce placed round the dish. Pour the parsley and butter over the head, and serve at once.

The liquor calf's head has been boiled in should be carefully strained



and set aside, as it makes excellent stock for soup or foundation for sauces.

Time— $2\frac{1}{2}$ hours.

Sufficient for 9 or 10 persons.

No. 248.—CALF'S HEAD (Braised).

Ingredients—

1 calf's head, 2 carrots, 2 turnips, 1 small head celery, 2 oz. butter, sprig parsley and thyme, 1 dessert-spoonful salt, 2 lemons, 1 dessert-spoonful chopped parsley, $\frac{1}{4}$ pint béchamel sauce, $\frac{3}{4}$ pint sauce hollondaise, No. 1069.

Method—

Prepare the head by recipe No. 245. Wash and slice the vegetables, put them in a large stewpan with the butter, and brown them for 5 or 6 minutes, then add the lemons, cut in slices, and the salt. Lay in the calf's head, and pour in sufficient water to completely cover it. Bring gently to boiling point, and boil for $2\frac{1}{2}$ hours; $\frac{1}{2}$ an hour previous to serving, put the brains into hot water, and boil for 15 minutes. Chop the brains, and stir them with the chopped parsley into the white sauce, and keep this hot. Drain the head, lay it on a very hot dish, garnish it round with little heaps of the brains in white sauce, pour the sauce hollondaise over the head, and serve very hot.

The remains of the calf's head when cold can be made into excellent calf's head soup with the liquor in which it has been cooked.

Time— $2\frac{1}{2}$ hours.

Sufficient for 8 or 10 persons.

No. 249.—CALF'S HEAD (Fricassee of).

Ingredients—

Remains of calf's head, 1 pint of the liquor the head was boiled in, $\frac{1}{2}$ carrot, $\frac{1}{2}$ onion, sprig parsley and thyme, 1

table-spoonful flour, 1 oz. butter, seasoning salt and cayenne.

Method—

Cut the vegetables into small pieces, add the parsley and thyme, and stew them gently in the liquor for 30 minutes. Then mix the flour with a spoonful of cold liquor or water, and stir it into the sauce. Simmer gently, and continue to stir until nicely thickened, add the butter, and stir round until it is dissolved. Strain all through a fine sieve into a fresh saucepan, cut the meat into $\frac{1}{2}$ -inch squares, add them to the sauce, and heat very gently at the side of the fire for 20 minutes. Then stir in the lemon juice, salt, and a very little cayenne, and serve at once.

Time—Altogether, about 55 minutes.

Sufficient for 4 or 5 persons.

No. 250.—CALF'S HEAD SOUP.

Ingredients—

2 quarts of light stock, $\frac{1}{2}$ a calf's head, 2 table-spoonfuls mushroom ketchup, 1 dessert-spoonful arrowroot, the juice of $\frac{1}{2}$ a lemon, seasoning salt and cayenne pepper.

Method—

Bone the half head, roll it up neatly, tie it with tape or thick string, and lay it in a stewpan with its own bones and tongue. Cover it with the stock, and let it boil gently at the side of the stove for 2 hours. Then turn the contents of the pan into a large basin, and let the meat cool in the stock. When cold lift out the head and cut rather more than half of it and the tongue into dice, about $\frac{1}{2}$ an inch square. Skim every particle of fat off the stock and put it in a fresh saucepan with the pieces of head. Let them simmer about 30 minutes, or until the gelatinous skin of the head is perfectly tender. Then mix the arrowroot smoothly with the mushroom ketchup and lemon juice,

and add salt and cayenne to taste. Stir these to the boiling soup, simmer it for 3 or 4 minutes until nicely thickened, and serve immediately.

The remains of the calf's head will make an excellent fricassee.

Time—To boil the head, 2 hours.

To simmer the soup, 30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 251.—CANAPÉS (Remarks on).

Canapés are small *hors d'œuvres* served in place of oysters at the commencement of dinner. Each canapé is laid on a plate, which is put in the diner's place before the guests enter the dining-room, as is usual with oysters. Canapés generally consist of anchovies, caviare, lax, etc., laid on a small square of thin white or brown bread and butter, and garnished with stoned olives, hard-boiled yolk of egg, and a tiny portion of very fresh salading. Simplicity of flavour and delicate neatness of appearance are the main points to be considered. A few simple recipes are given below. An almost endless variety of canapés can be made if judgment and a little forethought are used.

No. 252.—CANAPÉS (To Prepare the Foundations for).

Cut 2 or 3 thin slices of white or brown bread, butter them *thinly*, and cut them into very neat 2-inch squares. The bread should be fresh but not crumbly, and the slices not more than $\frac{1}{8}$ of an inch in thickness. Some little practice may be necessary to get the little squares exactly the right size, but as much of the appearance of the canapé depends upon the bread and butter being of sufficient substance to hold its dressing neatly without being thick and clumsy, some attention should be given to this point.

No. 253.—CANAPÉS, ANCHOVY.

Ingredients—

4 squares of bread and butter,
2 anchovies, 4 olives, 1 small round lettuce.

Method—

Prepare the squares by recipe No. 252, fillet the anchovies, stone the olives, and pull all the leaves off the lettuce until it is about the size of a walnut. Decorate each square with fillets of anchovy cut to its size, and laid lengthwise and across to form lattice-work; cut each olive into small pieces and put them in the hollows left by the strips of anchovy, dust a very little pepper over, put a tiny lettuce leaf on the centre of each, lay each canapé on a plate, and serve.

Sufficient for—Allow 1 canapé to each person.

No. 254.—CANAPÉS, CAVIARE.

Ingredients—

4 squares of bread and butter,
1 dessert-spoonful caviare, juice of $\frac{1}{4}$ lemon, 1 small pinch cayenne, 4 tiny lettuce leaves about 1 inch long.

Method—

Prepare the squares by recipe No. 252. Put the caviare on ice for an hour before using; spread the caviare neatly on the squares, squeeze 3 or 4 drops of lemon juice on each canapé and add 3 or 4 grains of cayenne, put a tiny little lettuce leaf on each, lay each canapé on a plate, and serve.

Sufficient for—Allow 1 canapé to each person.

No. 255.—CANAPÉS, LAX.

Ingredients—

4 squares of bread and butter,
4 pieces lax, yolk of 1 hard-boiled egg,
4 olives, 4 sprigs watercress.

Method—

Prepare the squares by recipe No. 252. Put a little slice of lax on each square; cut each olive into 5 or 6 pieces, first stoning it, and arrange neatly on the lax; rub a little of the hard-boiled yolk of egg through a fine sieve over each, lay a small sprig of watercress on top, put each canapé on a plate, and serve.

*Sufficient for—*Allow 1 canapé to each person.

No. 256.—CANAPÉS, PRAWN.*Ingredients—*

4 squares bread and butter, 12 prawns, 4 olives, 4 sprigs watercress.

Method—

Prepare the squares by recipe No. 252. Shell the prawns, carefully saving the coral if there is any; arrange 3 prawns on each little canapé, with a stoned olive in the centre, sprinkle a little of the coral over, lay a tiny piece of watercress on each, put each canapé on a plate, and serve.

*Sufficient for—*Allow 1 canapé to each person.

No. 257.—CANAPÉS, SHRIMP.*Ingredients—*

4 squares bread and butter, 2 dozen shrimps, yolk of 1 hard-boiled egg, very small quantity of cress.

Method—

Prepare the squares by recipe No. 252. Shell the shrimps carefully, rub the hard-boiled yolk of egg through a fine wire sieve on to the canapés, so that each one is covered with a thin coating of the gold dust; arrange the shrimps in the shape of a star, using six of them to each canapé; wash the cress, dry it, cut off the stalks, and put 4 or 5 leaves of cress in the centre of each star. Lay each canapé on a plate, and serve.

*Sufficient for—*Allow 1 canapé to each person.

No. 258.—CANNELONS (Sweet).*Ingredients—*

Puff crust No. 400, made with 4 oz. flour, and other ingredients in proportion, 2 table-spoonfuls jam, the white of 1 egg.

Method—

Roll out the paste into very thin strips, about 4 inches wide, and cut them into squares, spread some of the jam on each, roll them up, brush the edge with white of egg, close them securely, and fry them in plenty of boiling lard.

*Time—*5 or 6 minutes.

Sufficient for 8 cannelons.

No. 259.—CAPERCAILZIE (Roast).*Ingredients—*

1 capercailzie, clarified dripping for basting, $\frac{3}{4}$ pint brown gravy, $\frac{3}{4}$ pint bread sauce.

Method—

Roast the capercailzie in a good oven, basting constantly with plenty of clarified dripping until the bird is thoroughly cooked. Remove the skewer and trussing strings, dish on a hot dish, pour a little brown gravy round, and send bread sauce and brown gravy to table with it. As the cock capercailzies are very much larger than the hens, they require a good deal more time to be allowed for cooking them.

*Time—*Cock capercailzie, $1\frac{1}{2}$ to 2 hours. Hen bird, 1 to $1\frac{1}{2}$ hours.

Sufficient for 6 to 10 people.

No. 260.—CAPER SAUCE.*Ingredients—*

$\frac{1}{2}$ pint béchamel sauce No. 135, or melted butter No. 227, 2 table-spoonfuls capers.

Method—

Make $\frac{1}{2}$ pint of white sauce or melted butter, stir in the capers, see that they are well mixed in with the sauce, and serve.

Sufficient for 4 or 5 persons.

No. 261.—CAPER SAUCE (Brown).*Ingredients—*

$\frac{1}{2}$ pint brown stock, 1 tea-spoonful arrowroot, 2 table-spoonfuls capers.

Method—

Mix the arrowroot smoothly with a table-spoonful of cold stock. Heat the rest of the stock to boiling point, stir in the arrowroot, and simmer it gently until nicely thickened, add the capers, stir well, and serve.

*Time—*To simmer sauce, 3 or 4 minutes.

Sufficient for 4 or 5 persons.

No. 262.—CAPON (Boiled).*Ingredients—*

1 capon, 1 oz. butter, $\frac{1}{2}$ pint melted butter No. 227.

Method—

Spread the butter on the bird with a knife. Flour a very clean cloth and tie the bird up in it. Put it into a saucepan of hot water, breast upwards, and bring it quickly to the boil. Draw aside the saucepan and simmer gently until cooked. Take it up, remove the cloth and trussing strings, and put it on a hot plate to drain for 2 or 3 minutes. Then place it in the dish, pour over it the melted butter, which must be rather thick and very hot, and serve immediately.

*Time—*1 hour.

Sufficient for 4 or 5 persons.

No. 263.—CAPON (Roast).*Ingredients—*

1 capon, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Cover the breast of the capon with fat bacon or a thickly-buttered paper. Roast it before a clear fire or in a good oven, and baste it continually with plenty of clarified dripping; remove the bacon or paper 10 minutes before dishing, and let the breast be nicely browned. When cooked take it up, remove the skewers and trussing threads, and place it on a very hot dish. Pour a little gravy round, and garnish with watercress. Send bread sauce and brown gravy to table with this dish.

*Time—*1 hour.

Sufficient for 4 or 5 persons.

No. 264.—CAPON (Stuffed and Roast).*Ingredients—*

1 capon, chestnut force-meat, made with $\frac{1}{2}$ lb. chestnuts and $\frac{1}{2}$ lb. sausages by recipe No. 536, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Choose a fine large capon. Stuff the capon through the opening at the neck with the force-meat and roast it in a good oven, basting it continually with plenty of clarified dripping. When done pull out the skewers and trussing threads, and serve on a very hot dish with a little gravy poured round.

Send brown gravy and bread sauce to table with this dish.

*Time—*1 hour.

Sufficient for 5 or 6 persons.

No. 265.—CARMEL (To Boil Sugar to, for Icing Small Cakes).

Ingredients—

$\frac{3}{4}$ lb. sugar, $\frac{1}{4}$ pint water, 1 tea-spoonful lemon juice.

Method—

Put the sugar and water in a small copper pan, and boil them together until the syrup begins to get very thick and to whiten. When it has reached this point drop a little into a small basin of cold water; as soon as it solidifies, and snaps between the teeth, quickly add the lemon juice, and it is ready for use.

*Time—*About 20 minutes.

No. 266.—CARMEL (For Puddings, Custards, etc.).

Ingredients—

$\frac{1}{4}$ lb. sugar, 1 dessert-spoonful water.

Method—

A small quantity of caramel may quickly be prepared by putting the sugar into a small copper pan with just a spoonful of water to keep it from burning, and stirring it constantly until the sugar is melted and of a golden-brown colour. It may then be used when required.

*Time—*4 to 5 minutes on a quick fire.

No. 267.—CARMEL PUDDING.

Ingredients—

$\frac{3}{4}$ pint milk, 3 eggs, 6 oz. sugar, the juice of 2 large lemons.

Method—

Put 4 oz. of the sugar and the lemon juice in a small saucepan by the side of the fire. Let them dissolve, and boil them until they form a thick brown syrup. Butter a 1-pint pudding-basin, pour in the syrup, and turn the basin about so that it is covered in every part with liquid caramel. Then set the basin in cold water for 30

minutes to set the caramel. Beat and strain the eggs, add to them the milk and the rest of the sugar, pour the mixture into the basin, place a buttered paper over the top, tie it down securely in a floured cloth, and boil gently for 30 minutes. Turn it out carefully, and the pudding should be covered with a smooth coating of caramel. Serve immediately.

*Time—*To boil sugar, about 10 minutes. To cook pudding, 30 minutes.

Sufficient for 3 or 4 persons.

No. 268.—CARP (To Dress).

Ingredients—

1 carp, 1 quart of stock, 1 onion, 1 carrot, small $\frac{1}{2}$ tea-spoonful mixed herbs, $\frac{1}{2}$ tea-spoonful arrowroot, $\frac{1}{4}$ pint port wine, the juice of $\frac{1}{2}$ a lemon, seasoning salt and cayenne pepper.

Method—

Cleanse the fish with care, cover it with cold water, bring it to the boil, and cook it gently for 30 minutes. Then take it out, drain it, and lay it in a stewpan nearly of its own size. Add the vegetables sliced, and the herbs, and cover the whole with boiling stock. Stew very gently for another 30 minutes. Strain off $\frac{1}{2}$ a pint of the stock the fish has been stewed in, put it in a clean saucepan; mix the arrowroot with the port wine and stir it into the stock, add the lemon juice, and seasoning, and simmer it for 3 or 4 minutes. Take out the carp, place it on a very hot dish, pour the sauce over it, and serve immediately.

*Time—*Altogether, about 1 hour.

Sufficient for 1 or 2 persons.

No. 269.—CARROTS à la CRÈME.

Ingredients—

1 lb. young carrots, $\frac{1}{4}$ pint cream sauce No. 137, or melted butter No. 227.

Method—

Choose young carrots for this dish, not more than 3 or 4 inches in length. Wash them very clean, scrape them, and cut off the stalks, so as to leave a flat base for the carrots to stand on. Boil them in plenty of water, salted. Try them with a thin skewer, and as soon as they are tender lift them out, drain them, and stand them upright in a hot dish. Have the sauce ready very hot, pour it over the carrots, and serve very hot.

*Time—*30 minutes.

Sufficient for 3 or 4 persons.

No. 270.—CARROTS (Boiled).*Ingredients—*

1 lb. carrots, $\frac{1}{4}$ pint melted butter
No. 227.

Method—

Wash and scrape the carrots, and cut them into lengths of 3 or 4 inches. Trim each piece into a cone shape, and if they are very large quarter the thickest pieces. Boil them in plenty of boiling water until quite tender. Lift them out, drain them, and serve in a hot dish with a $\frac{1}{4}$ pint very hot melted butter poured over them.

*Time—*About 1 $\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 271.—CARROTS au BEURRE.*Ingredients—*

1 lb. carrots, 2 oz. butter, 1 dessert-spoonful finely-chopped parsley, pinch of salt, a few grains of cayenne.

Method—

Wash and scrape the carrots, cut them into slices $\frac{1}{4}$ inch thick, stamp them out with a vegetable cutter, and boil them in plenty of boiling water until they are quite tender, then take them up and drain them thoroughly.

Melt the butter in a small saucepan, add to it the parsley, salt, and cayenne, put in the carrots, and shake the saucepan over a gentle fire for 5 or 6 minutes. Each carrot should have a slight coating of the sauce, and great care must be taken not to let the butter burn. Turn them into a very hot dish, and serve immediately.

*Time—*To boil carrots, $\frac{1}{2}$ an hour.

Sufficient for 4 or 5 persons.

No. 272.—CARROTS (In Brown Sauce).*Ingredients—*

1 lb. carrots, 1 $\frac{1}{2}$ pints brown stock, seasoning pepper and salt, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Wash and scrape the carrots, cut them in half, and quarter the thick part, if very large. Boil them in plenty of boiling water, salted, for 45 minutes, then pour off the water and cover them with boiling stock. Stew them gently until quite tender, then strain off $\frac{1}{2}$ pint of the stock into a fresh saucepan, mix the arrowroot smoothly with a dessert-spoonful of cold water, stir this into the stock, season with pepper and salt, and simmer until nicely thickened. Drain the carrots, stand them in a hot dish, pour the sauce over them, and serve immediately.

The unthickened stock should be poured into a clean basin and set aside as it can be used with advantage for other dishes.

*Time—*To boil carrots, 45 minutes. To stew, 20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 273.—CARROTS (Mashed).*Ingredients—*

1 lb. carrots, 2 oz. butter, seasoning pepper and salt.

Method—

Wash and scrape the carrots, put them in plenty of boiling water, and boil them until quite tender. Try them with a fork, and when soft enough to mash, drain them, turn them into a sieve, and rub them through. Put them into a fresh saucepan, and stir them over a gentle fire until some of the moisture has dried out of them, then add the butter, pepper, and salt, stir round until the butter is melted, and serve.

*Time—*To boil carrots, about $1\frac{1}{2}$ hours. To stir over the fire, 5 or 6 minutes

Sufficient for 4 or 5 persons.

No. 274.—CARROTS (Mashed, Very Good).

Ingredients—

1 lb. carrots, $\frac{1}{2}$ pint brown sauce, seasoning pepper and salt.

Method—

Boil the carrots, drain them and rub them through a sieve, as in preceding recipe. Put them in a saucepan with $\frac{1}{2}$ pint of brown sauce. Stir them over a gentle fire until they become thick and rather dry, season with pepper and salt, stir well, and serve.

*Time—*To boil carrots, about $1\frac{1}{2}$ hours. To stir over the fire, 8 or 10 minutes.

Sufficient for 4 or 5 persons.

No. 275.—CARROTS (Mashed, with Turnips).

Ingredients—

$\frac{3}{4}$ lb. carrots, $\frac{1}{2}$ lb. turnips, 2 oz. butter, seasoning pepper and salt.

Method—

Peel the turnips, cut them in half, and wash, scrape, and quarter the carrots. Have ready plenty of boiling

water, throw in the carrots and turnips, and boil them until they are tender enough to mash. Drain them, turn them into a sieve and rub them through. Put them back in the saucepan, and stir them over a gentle fire for 5 or 6 minutes until they are partly dried. Then add the butter and seasoning, stir until the butter is melted, and serve.

*Time—*1 to $1\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 276.—CARROT PUDDING.

Ingredients—

$\frac{3}{4}$ lb. carrots, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. raisins, $\frac{1}{4}$ lb. candied peel, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. suet, a pinch salt, 2 eggs.

Method—

Scrape the carrots, cut off the stalks and boil them in plenty of water until quite tender. When cooked strain off all the water, mash the carrots and rub them through a fine sieve. Chop the suet very finely, stone the raisins, and divide them once or twice; wash and pick the currants, and cut the candied peel into thin slices. Put the flour into a basin with the salt, and rub into it the suet, add the mashed carrots, raisins, currants, candied peel, and sugar. Beat the eggs and strain them, add them to the other ingredients, and beat the pudding well for 10 minutes. Butter a mould or pudding-basin, put in the pudding, tie it down carefully, plunge it into boiling water, and be very careful to keep the water boiling until the pudding is cooked.

The moisture in the carrots renders additional liquid unnecessary in mixing the pudding.

*Time—*To cook carrots, 2 hours if old, young ones, 35 to 40 minutes.

To boil pudding, 5 hours.

Sufficient for 5 or 6 persons.

No. 277.—CARROT SOUP.

Ingredients—

1 lb. carrots, 1 quart stock, seasoning pepper and salt, a very little cayenne.

Method—

Scrape and wash the carrots, and cook them in plenty of boiling water until they are quite tender. Mash them and put them in a fresh saucepan with the stock; bring all to the boil, add the seasoning of pepper and salt, and a very little cayenne if liked. Simmer for 15 minutes, stirring it constantly, and rub the soup through a fine sieve. Make very hot, and serve.

Time—To boil carrots, 2 hours, if old, young ones, 35 to 40 minutes.

To simmer soup, 15 minutes.

Sufficient for 3 or 4 persons.

No. 278.—CARROT SOUP (Without Meat).

Ingredients—

1 lb. carrots, 1 turnip, 1 onion, 1 sprig parsley, $\frac{1}{4}$ tea-spoonful mixed herbs, $\frac{1}{2}$ tea-spoonful salt, 9 pepper-corns, 3 pints water, 1 oz. butter.

Method—

Wash and scrape the carrots, and cut them into small pieces; peel and cut up the turnip and onion. Put the vegetables and seasoning into a stewpan, add the water, bring all to the boil, and simmer gently for 3 hours. Then rub the soup through a fine sieve, put it in a clean saucepan, bring it to the boil, and boil it for 3 minutes. Add the butter, and stir until it is quite melted, when serve the soup immediately.

Time—About 3 hours.

Sufficient for 4 or 5 persons.

No. 279.—CASTLE PUDDINGS.

Ingredients—

4 oz. butter, 4 oz. flour, 4 oz. castor sugar, 2 eggs, finely-chopped rind of 1 lemon.

Method—

Melt the butter, but do not warm it more than necessary. Beat the eggs in a large basin until they are very light. Add the sugar and flour, beating all the time. Then beat in the butter, a dessert-spoonful at a time, beating the mixture, as each portion is added, until no trace of it remains. Add the lemon rind and beat for 5 minutes. Butter some dariole moulds, half-fill them with the mixture, and bake in a moderate oven. When cooked turn them out carefully, and pour apricot or wine sauce round, or serve it separately in a sauce-boat, as preferred.

Time—20 to 25 minutes.

Sufficient for 7 or 8 small puddings.

No. 280.—CAULIFLOWERS (To Boil).

Ingredients—

1 cauliflower, 2 table-spoonfuls salt, 1 table-spoonful vinegar, water, $\frac{1}{2}$ pint melted butter, No. 227.

Method—

Trim off most of the outside leaves, and cut the cauliflower stalk flat so that it can rest upright in the dish. Lay it to soak in plenty of water, to which a table-spoonful of salt and one of vinegar have been added, that all insects may be drawn out and destroyed. Have ready plenty of boiling water with a table-spoonful of salt dissolved in it, and boil the cauliflower for from 15 to 25 minutes, according to size. Drain carefully when tender, dish upright on a hot dish, pour the melted butter over, and serve.

Time—15 to 25 minutes.

Sufficient for 4 or 5 persons.

No. 281.—CAULIFLOWER (Fried in Batter).*Ingredients—*

1 cauliflower, 1 table-spoonful salt, 1 table-spoonful vinegar, frying batter No. 123, boiling lard.

Method—

Prepare the cauliflower as for Recipe No. 280, but boil it for 10 minutes only; drain it and set aside to cool. When cold, divide the cauliflower into sprigs, and dip each piece into the batter. Have ready a saucepan of boiling lard with the frying-basket in it, throw in the pieces of cauliflower, and fry them for 5 or 6 minutes until they are a clear, golden colour; lift them out, drain well on kitchen paper, and dish on a hot napkin.

*Time—*To boil, 10 minutes.

To fry, 5 or 6 minutes.

Sufficient for 4 or 5 persons.

No. 282.—CAULIFLOWER au PARMESAN.*Ingredients—*

1 cauliflower, 1 table-spoonful salt, 1 table-spoonful vinegar, 2 oz. Parmesan cheese, 2 oz. fresh breadcrumbs, 1 oz. butter, $\frac{1}{2}$ pint béchamel sauce.

Method—

Cut off most of the outside leaves, and soak the cauliflower for an hour in plenty of cold water to which the above proportion of salt and vinegar have been added. Put the cauliflower in plenty of boiling water, and boil for from 15 to 25 minutes, according to size; lift it out, drain it well, and lay it in a fire-proof dish. Make $\frac{1}{2}$ a pint of white sauce, pour it over the cauliflower; mix the grated cheese with the breadcrumbs, and sprinkle them over; melt the butter, and sprinkle it on the cauliflower. Bake in a moderate oven for about 15 minutes.

*Time—*To boil cauliflower, 15 to 25 minutes.

To bake, 15 minutes.

Sufficient for 4 or 5 persons.

No. 283.—CAVIARE (To Serve).

The caviare must be very fresh. Set the jar containing it on ice for an hour or two before serving so that it may be as cold as possible. When wanted, send to table in its own jar, and serve small pieces of carefully-made cold dry toast and cut lemon with it.

No. 284.—CAVIARE TOASTS (Cold Savoury).*Ingredients—*

6 croûtons No. 393, 1 table-spoonful caviare, $\frac{1}{4}$ oz. butter, $\frac{1}{2}$ a lemon, small pinch cayenne.

Method—

Prepare the croûtons by recipe No. 393, and let them become quite cold. Put the caviare on ice for an hour or two. Butter each croûton thinly, spread it with caviare, sprinkle a few drops of lemon over, and two or three grains of cayenne. Put the croûtons on a plate, which set on ice for an hour, and serve them in a small dish garnished with very fresh parsley.

No. 285.—CELERIAC (Boiled).*Ingredients—*

2 or 3 roots of celeriac, $\frac{1}{4}$ pint melted butter No. 227.

Method—

Wash and peel the celeriacs, and boil them in plenty of boiling water until they are quite tender. Take them up, drain them, lay them in a hot dish, pour the sauce over them, and serve.

*Time—*About 40 minutes.

Sufficient for 4 or 5 persons.

No. 286.—CELERY (To Prepare for Table).

Ingredients—

2 heads of celery, 1 table-spoonful salt, water.

Method—

Wash the celery well, cut off some of the outside leaves and most of the root, and cut each head into quarters, lengthwise. Lay them to soak in salt and water for an hour or two before serving. Then lift them out, curl the top of the leaves by splitting them upwards for 3 or 4 inches with a small skewer, arrange them in a celery-glass half filled with fresh cold water, and serve.

Sufficient for 3 or 4 persons.

No. 287.—CELERY (With Brown Sauce).

Ingredients—

3 small or 2 large heads of celery, $\frac{1}{4}$ pint brown sauce.

Method—

Wash the celery carefully and cut the heads into quarters. Trim off the green tops, some of the outside leaves, and part of the root. If the heads are large, cut them in halves, lengthwise. The sticks of celery should not be more than 6 or 7 inches in length. Tie them in a bundle with a piece of string or tape, and boil them in plenty of fast-boiling water, slightly salted. Try with a fork, and as soon as tender take them up, drain thoroughly, take off the string and serve on a hot dish with the brown sauce, which must be made very hot, poured over them.

*Time—*To boil celery, 20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 288.—CELERY (With White Sauce).

Ingredients—

3 small or 2 large heads of celery, $\frac{1}{4}$ pint melted butter No. 227.

Method—

Prepare and cook the celery as directed in preceding recipe. Drain it thoroughly, place it in a hot dish, pour over $\frac{1}{4}$ pint of freshly-made melted butter, and serve immediately.

*Time—*To boil celery, 20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 289.—CELERY SAUCE (Brown).

Ingredients—

2 small or 1 large head of celery, $\frac{1}{2}$ pint brown stock, $\frac{1}{2}$ tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Take off a few of the outer leaves, and wash the celery very clean. Cut it into lengths of 3 or 4 inches, and boil it in plenty of boiling water for 20 minutes, then drain off all the water; cut the celery into very small pieces, put these back in the saucepan, and cover them with the stock. Stew gently for 30 minutes. Mix the arrowroot with a dessert-spoonful of cold water, stir it into the boiling sauce, and simmer for 2 or 3 minutes until slightly thickened, then turn all into a fine sieve, and rub through as much of the celery as possible. Heat the sauce afresh, season with pepper and salt, and serve very hot.

*Time—*Altogether, about 55 minutes.

Sufficient for 4 or 5 persons.

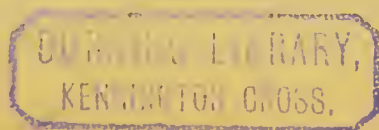
No. 290.—CELERY SAUCE (White).

Ingredients—

1 large or 2 small heads of celery, $\frac{1}{2}$ pint milk, 1 large tea-spoonful flour, 1 oz. butter, 1 tea-spoonful lemon juice, seasoning salt and cayenne.

Method—

Take off a few of the outer leaves and wash the celery very clean. Cut it into lengths of 3 or 4 inches, and



boil it for 20 minutes in plenty of fast-boiling water, then drain off the water; cut the celery into very small pieces, cover it with the milk, and simmer very gently for 20 minutes. Mix the flour smoothly with a table-spoonful of cold milk, stir it into the sauce, and boil it for 2 or 3 minutes until it is smooth and thick. Then turn it into a sieve, and rub as much of the celery as possible through. Heat it afresh, put in the butter, lemon juice, salt, and a very little cayenne. Stir well until the butter is dissolved, then pour it into a hot sauce-boat, and serve.

Time—Altogether, about 45 minutes.

Sufficient for 4 or 5 persons.

No. 291.—CELERY SOUP.

Ingredients—

3 or 4 heads of celery, 3 pints stock, 1 tea-spoonful arrowroot, seasoning pepper and salt, 1 oz. butter.

Method—

Wash the celery, cut it into 1-inch lengths, put it in a saucepan with the stock, and stew them very gently for an hour. Mix the arrowroot smoothly with a spoonful of cold stock or water, add it to the boiling soup, and simmer for 2 or 3 minutes until the soup is slightly thickened. Then turn it into a sieve, and rub as much as possible through. Heat the soup afresh in a clean saucepan, season with pepper and salt, add the butter, take the saucepan off the fire, shake it round until the butter is melted, and serve the soup very hot.

Time—Altogether, about 1 hour and 10 minutes.

Sufficient for 4 or 5 persons.

No. 292.—CELERY (Stewed).

Ingredients—

3 small or 2 large heads of celery, 1½ pints brown stock, 1 tea-spoonful arrowroot.

Method—

Wash the celery carefully, and cut the heads into quarters, trim off a few of the outside leaves and the green tops, and cut off a small piece of the root. If the heads are large, cut them in half; the sticks should not be more than 6 or 7 inches long. Heat the stock to boiling point in a stewpan large enough to contain the celery, lay it in, and stew gently until quite tender. Mix the arrowroot with a table-spoonful of cold water. Strain off ½ pint of the stock into a fresh saucepan, stir in the arrowroot, and simmer this gently for 2 or 3 minutes, stirring constantly until it is nicely thickened, and season it with pepper and salt. Drain the celery, arrange it neatly on a hot dish, strain the sauce over it, and serve.

The remaining stock should be strained into a clean basin, and set aside for use in other dishes.

Time—To cook celery, about 30 minutes.

Sufficient for 4 or 5 persons.

No. 293.—CHABLIS CUP.

Ingredients—

1 bottle chablis, ¼ pint sherry, 1 bottle soda-water, 4 lumps sugar, rind of ¼ lemon, ¼ pint boiling and ½ pint cold water, 1 sprig verbenä, ice.

Method—

Rub the lumps of sugar on the lemon until the essential oil is absorbed by them, melt them in the boiling water, and let stand until quite cold. Then add the chablis, sherry, cold water, and verbenä. Mix well, let it stand for ½ an hour, then strain into the cup it is to be served in, ice, add the soda-water, and serve.

Sufficient for about 3 pints chablis cup.

No. 294.—CHAMPAGNE CUP.

Ingredients—

1 bottle champagne, 1 table-spoonful brandy, 1 bottle soda-water, rind of $\frac{1}{4}$ lemon, 5 lumps sugar, $\frac{1}{4}$ pint boiling water, $\frac{1}{2}$ pint cold water, 1 small strip cucumber rind, ice.

Method—

Rub the lumps of sugar on the lemon until the essential oil is absorbed by them, melt them in the boiling water, and let stand until quite cold. Then add the champagne, brandy, cold water, and cucumber rind. Mix well and let it stand for $\frac{1}{2}$ an hour, then strain into the cup in which it is to be served; ice, add the soda-water, and serve.

Sufficient for about 3 pints champagne cup.

No. 295. — CHARLOTTE à la PARISIENNE.

Ingredients—

1 savoy cake, $\frac{1}{2}$ lb. apricot, strawberry, or other jam, the whites of 2 eggs, $\frac{1}{4}$ lb. icing sugar.

Method—

Cut the cake into slices, spread each slice thickly with jam, and put the cake together again in its original shape. Whisk the whites of the eggs to as stiff a froth as possible, mix in the sugar quickly, and cover the cake with this. Then put it in a *very slow* oven to dry, and serve cold.

*Time—*To dry icing, about 15 minutes.

Sufficient for 5 or 6 persons.

No. 296.—CHARLOTTE RUSSE.

Ingredients—

12 sponge finger biscuits, $\frac{3}{4}$ pint cream, $\frac{1}{2}$ oz. isinglass, $\frac{1}{4}$ pint boiling milk, $\frac{1}{2}$ tea-spoonful vanilla flavouring, the white of 1 egg.

Method—

Split the biscuits carefully in halves by inserting the point of a knife between the joins. Trim each piece into a strip about $\frac{1}{2}$ an inch wide. When all are ready place them in a row, and cut the edges even at the top and bottom. Have a Charlotte russe tin ready, and put the white of the egg in a plate. Take a strip of biscuit and stand it against the side of the mould; take a second strip, dip one side very lightly into the egg, and press it gently against the one in the mould; moisten the edge of a third piece and press it to the second. Continue in this manner until the sides of the tin are completely lined. Should the mould be wider at the top than at the bottom some of the biscuits must be shaped to correspond, as it is imperative that the case be quite firm throughout. Put the isinglass in a cup, pour the boiling milk on it, and stir it occasionally until dissolved. Have the cream in a large basin, and whip it to a thick froth, thoroughly stir the melted isinglass, which by this time will have cooled considerably, but should still be quite liquid, and add it with the vanilla flavouring gradually to the cream. Beat for 3 or 4 minutes until the cream is again very thick, then pour it into the mould, and set it aside to stiffen. In 2 hours it will be quite firm.

At first it may be found rather difficult to fit the strips of biscuit neatly into the mould, but a little experience will soon overcome this difficulty.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 297.—CHEESE (To Serve).

Cheese may be served either laid on a very white serviette, garnished with very fresh parsley, so that each person may help himself, or cut into small pieces about an inch square, and neatly

arranged on a small dish. For informal meals the previous course is often adopted, as it is much less wasteful. Stiltons are generally served whole, with a very white napkin pinned round the cheese.

Pulled bread or plain water biscuits should be served with it, and very young radishes or watercress are a nice addition to the cheese course.

No. 298.—CHEESE (Pounded).

Ingredients—

6 oz. cheese, 2 oz. butter, seasoning salt and cayenne.

Method—

Cut the cheese into small pieces, put it with the butter into a very clean mortar, and pound them to a smooth paste. When no lumps remain, mix in a seasoning of salt and cayenne, press the pounded cheese into small jars, and put it away for use. If the cheese is required to be kept more than 2 or 3 days, a small quantity of liquid butter must be poured into each jar, so as to exclude the air, or the cheese will go mouldy. If this is done the cheese will keep for a week or 10 days. Cheese which has become dry may very well be utilised for this recipe, and the pounded cheese when done may be used for cheese toasts or rare bits, in place of fresh slices.

Sufficient for $\frac{1}{2}$ lb. pounded cheese.

No. 299.—CHEESE RAMAKINS.

Ingredients—

2 oz. cheese, 2 oz. breadcrumbs, $\frac{1}{4}$ pint boiling milk, 1 oz. butter, 1 egg, seasoning cayenne pepper and salt.

Method—

Butter 6 ramakin cases. Grate the cheese, soak the breadcrumbs in boiling milk; turn the soaked breadcrumbs,

the cheese and butter into the mortar and pound them well; beat and strain the yolk of the egg and add it to the mixture, with a seasoning of salt and a very little cayenne. Beat the white of the egg to as stiff a froth as possible, lightly mix this with the other ingredients; fill the ramakin cases, and bake in a moderate oven.

*Time—*10 to 15 minutes.

Sufficient for 6 ramakins.

No. 300.—CHEESE SOUFFLÉ.

Ingredients—

2 oz. flour, 1 pint milk, 2 oz. butter, 4 oz. cheese, $\frac{1}{4}$ tea-spoonful salt, pinch cayenne, 4 eggs.

Method—

Mix the flour smoothly with $\frac{1}{4}$ pint of the milk, put the rest of the milk in a lined saucepan, and heat it to boiling point; stir the mixed flour into this, and simmer for 2 or 3 minutes until it is very thick. Then take it off the fire, add the butter, grated cheese, salt and cayenne, and the beaten and strained yolks of the eggs; whisk the whites to as stiff a froth as possible, mix them gently, but thoroughly, with the soufflé mixture, pour all into the soufflé tin, and bake in a moderate oven.

Do not open the oven door for 10 minutes after the soufflé is put in or it will not rise properly. Fold a very white napkin neatly round the tin, and serve immediately it is taken out of the oven.

*Time—*About 30 minutes.

Sufficient for 5 or 6 persons.

No. 301.—CHEESE SOUFFLÉS (Small).

Ingredients—

1 oz. cheddar cheese, 1 oz. butter, 1 oz. flour, $\frac{1}{4}$ pint milk, seasoning cayenne pepper and salt, 1 egg.

Method—

Butter 6 china or paper ramakin cases, and pound the cheese in the mortar to a smooth paste with the butter. Mix the flour carefully with the milk, and put it in a lined saucepan with the pounded cheese; heat them gently, stirring occasionally until the cheese is melted, and the whole forms a thick, smooth sauce. Break the egg carefully, separating the yolk from the white, remove the speck and beat the yolk slightly; stir it to the boiling mixture, add the salt and a very little cayenne, and mix well. Whip the white of the egg to as stiff a froth as possible, mix it quickly and thoroughly with the cheese mixture; half fill the soufflé cases, and bake in a moderate oven.

They should rise very much, and be lightly browned on top and firm in the centre. Serve immediately they are taken from the oven.

*Time—*10 to 15 minutes.

Sufficient for 6 soufflé cases.

No. 302.—CHEESE STRAWS.*Ingredients—*

1 oz. grated Parmesan cheese, puff crust No. 400, made with 4 oz. flour, and other ingredients in proportion, a very little cayenne.

Method—

Roll out the paste, sprinkle over it half the cheese, fold it in three, and roll out again. Then sprinkle on the rest of the cheese and a little cayenne, fold the paste and roll it out as thinly as possible. Cut into straws 5 inches long and $\frac{1}{4}$ inch wide, lay them on a floured tin, and bake in a moderately quick oven until crisp, and serve very hot.

*Time—*5 or 6 minutes.

Sufficient for 3 dozen straws.

No. 303.—CHEESE (Toasted).*Ingredients—*

2 or 3 slices of toast, butter, 2 oz. fresh cheese.

Method—

Make 2 or 3 slices of very crisp toast of moderate thickness, butter whilst hot, and cut them into 6 pieces, each 3 inches long and 2 inches wide, cover over and keep very hot. Cut 6 slices of cheese a little smaller each way than the slices of toast; toast each piece of cheese for a minute or so on each side until it is very hot, but do not cook long enough to melt the cheese; put a piece of cheese, on each toast, and serve as hot as possible.

*Time—*To toast each piece of cheese, 2 minutes.

Sufficient for 4 or 5 persons.

No. 304.—CHERRY BRANDY.*Ingredients—*

4 lbs. Morella cherries, 1 lb. sugar, 2 quarts brandy.

Method—

Remove the stalks from the cherries, wipe them with a soft cloth, and reject any fruit which is not perfectly sound. Mix the sugar thoroughly with them. Have ready some very clean and wide-necked bottles, which must be quite dry, two-thirds fill them with the fruit and sugar; fill up the bottles with brandy, cork tightly, and let them remain for 3 months before using.

The corks must be soaked in boiling water, then put into the bottles and driven home with a hammer.

Sufficient for 6 bottles.

No. 305.—CHERRY CAKE.*Ingredients—*

6 oz. flour, 6 oz. sugar, 6 oz. glacé cherries, 4 oz. butter, 4 eggs.

Method—

Beat and strain the eggs, add the sugar gradually, and dredge in the flour, beating all the time, then add the butter which must be melted but

not hot, a tea-spoonful at a time, and lastly, the cherries; beat the cake well, pour it into a cake-tin lined with buttered paper, and bake for an hour in a moderate oven, covering the top with a buttered paper when half cooked.

Time—1 hour.

Sufficient for 1 cake of moderate size.

No. 306.—CHERRIES (Compôte of).

Ingredients—

1 lb. cherries, 4 oz. sugar, $\frac{1}{2}$ pint water.

Method—

Boil the sugar and water together for 10 minutes. Wash the cherries, remove their stalks, and let them simmer gently in the boiling syrup for 20 minutes. Let them cool, arrange them neatly in a silver or glass dish, strain the syrup over them, and set aside until quite cold.

Time—Altogether, 30 minutes.

Sufficient for 4 or 5 persons.

No. 307.—CHERRIES (Dried).

Ingredients—

4 lbs. cherries, 2 lbs. sugar.

Method—

Choose Kentish cherries, and remove their stones with the stalks. Put the cherries into a small copper preserving-pan with the sugar, and simmer them gently for 15 minutes. Then put them in a very clean earthenware pan, strain their syrup over them, and set them aside in a cool place for 3 days. At the end of that time turn the fruit back into the preserving-pan, and boil it again for 15 minutes. Then take out the cherries, drain them, lay them singly in rows on very clean dishes, and let them gradually dry.

No. 308.—CHERRY JAM.

Ingredients—

6 lbs. Kentish cherries, 3 lbs. preserving sugar.

Method—

Choose Kentish cherries and remove their stones with the stalks. Put them in a copper preserving-pan, and bring them very slowly to the boil, then boil them for an hour, stirring well, and taking great care that they do not stick to the bottom of the pan. Add the sugar, and boil quickly for 30 minutes, stir constantly, and remove all scum as it rises. Try a little on a plate, and as soon as it sets, take off the jam, pour it into pots, and tie down whilst hot.

Time—To boil jam, 1 hour before the sugar is added, about 30 minutes after.

Sufficient for 6 lbs. of jam.

No. 309.—CHERRY PUDDING.

Ingredients—

$1\frac{1}{2}$ lbs. cherries, 6 oz. sugar, 1 table-spoonful water, juice of $\frac{1}{2}$ a lemon, crust No. 404, or 396, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Well butter a pudding-basin, and line it with paste $\frac{1}{3}$ of an inch in thickness. Wash the cherries, remove their stalks, fill the basin with alternate layers of fruit and sugar, and add the lemon juice and water. Make a neat cover of paste, the same thickness as the lining, and fit it in carefully, pinching the edges together. Tie it down very securely with a floured pudding-cloth, and plunge the pudding into boiling water, with which it must be kept covered the whole time of cooking. Turn it out carefully, and send cream and sifted sugar to table with it.

Time—With butter crust, 3 hours.

With suet crust, 4 hours.

Sufficient for 5 or 6 persons.

No. 310.—CHERRY SAUCE.

Ingredients—

$\frac{1}{4}$ lb. cherry jam, 6 table-spoonfuls water, 1 table-spoonful cherry brandy, 1 tea-spoonful arrowroot.

Method—

Put the jam and 5 table-spoonfuls of the water in a small lined saucepan, and boil them together for 5 minutes, stir well so that the jam may mix with the water and form a syrup. Mix the arrowroot with the remaining spoonful of water and add it to the jam with the cherry brandy. Boil the sauce gently for 3 or 4 minutes until the sauce is slightly thickened and looks clear and transparent, then strain the sauce through a fine sieve, and serve.

*Time—*Altogether, about 12 minutes.

Sufficient for 4 or 5 persons.

No. 311.—CHERRY SAUCE (Made with Fresh Fruit).

Ingredients—

$\frac{1}{2}$ lb. cherries, $\frac{1}{2}$ pint water, 3 oz. sugar, 1 tea-spoonful arrowroot, 1 tea-spoonful brandy, 1 tea-spoonful lemon juice, 3 or 4 drops of cochineal.

Method—

Put the cherries, sugar, and water in a small saucepan and boil them together for 25 minutes, occasionally pressing the cherries against the side of the saucepan to thoroughly extract their juice. Mix the arrowroot with the lemon juice and brandy, stir it into the boiling fruit, add 3 or 4 drops of cochineal, and simmer the sauce for 3 or 4 minutes, stirring all the time, until it is slightly thickened and looks clear and transparent. Strain through a fine sieve.

*Time—*To boil the fruit, 25 minutes. To simmer the saucc, 3 or 4 minutes.

Sufficient for $\frac{1}{2}$ pint of sauce.

No. 312.—CHERRY TART.

Ingredients—

$1\frac{1}{2}$ lbs. cherries, 6 oz. sugar, 1 table-spoonful water, crust No. 397, or No. 402, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Wash the cherries, remove their stalks, and arrange the fruit compactly in a pie-dish, building them up in a dome shape in the centre, and putting some sugar between each layer, then pour in the water. Cut a thin strip of paste and lay it round the edge of the dish. Roll out the cover, place it on top, and ornament the edges neatly. Bake the tart in a moderate oven, covering the top with a buttered paper should it seem inclined to take too much colour. When cooked, sift sugar thickly on it, and serve with cream and sifted sugar handed round.

*Time—*30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 313.—CHESTNUTS (To Boil).

Ingredients—

1 lb. chestnuts, sufficient water to cover them.

Method—

Put the chestnuts in a small saucepan with sufficient cold water to cover them. Bring to the boil and boil them until quite tender. Drain them, and peel as soon as they are cool enough to handle. They are then ready for use where directed.

*Time—*45 minutes.

No. 314.—CHESTNUT SAUCE (Brown).

Ingredients—

$\frac{1}{2}$ lb. chestnuts, $\frac{1}{2}$ pint of brown sauce, No. 217, seasoning cayenne pepper and salt.

Method—

Boil the chestnuts by recipe No. 313. Peel them and rub them through a sieve. Then put them into a saucepan with the gravy, bring them gently to boiling point, and simmer for 5 or

6 minutes. Season with salt and a very little cayenne, and serve.

Time—To boil chestnuts, 45 minutes. To simmer sauce, 5 or 6 minutes.

Sufficient for 4 or 5 persons.

No. 315.—CHESTNUT SAUCE (White).

Ingredients—

$\frac{1}{2}$ lb. chestnuts, $\frac{1}{4}$ pint veal stock, No. 1129, $\frac{1}{4}$ pint cream, seasoning salt and cayenne.

Method—

Boil the chestnuts by recipe No. 313. Peel them and rub them through a sieve. Then put them in a saucepan with the veal gravy and heat them to boiling point. Stir in the cream, simmer for 2 minutes, add a seasoning of salt and cayenne, and serve.

Time—To boil chestnuts, 45 minutes. To heat and simmer sauce, altogether 7 to 10 minutes.

Sufficient for 4 or 5 persons.

No. 316.—CHESTNUT SOUP.

Ingredients—

1 lb. chestnuts, 1 quart brown stock, 1 tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Boil the chestnuts by recipe No. 313. Peel them and rub them through a fine sieve. Put the chestnuts in a very clean saucepan, and pour the stock on them. Heat the soup slowly by the side of the fire to boiling point. Then simmer it for 10 minutes, stirring occasionally. Mix a small tea-spoonful of arrowroot with a table-spoonful of cold water, stir it into the soup, add a seasoning of pepper and salt, and simmer for 2 or 3 minutes until nicely thickened. Then serve at once.

Time—To heat and simmer soup, altogether about 30 minutes.

Sufficient for 3 or 4 persons.

No. 317.—CHICKEN (à la Béchamel).

Ingredients—

1 moderate sized chicken, 1 oz. butter, 2 table-spoonfuls flour, $\frac{1}{2}$ pint Béchamel sauce, the yolk of a hard-boiled egg.

Method—

Choose a plump young chicken, and have it trussed for boiling. Spread the butter on the bird with a knife. Sprinkle the flour over a very clean cloth, and tie the bird up in it. Put it into a saucepan of hot water, breast upwards, and bring it quickly to the boil. Draw the saucepan aside, and let it simmer gently. When tender take it up, untie the cloth, and put it on a hot dish to drain for 2 or 3 minutes. Place it in the dish it is to be served in, and cover it with the sauce, which must be very thick. There should be enough sauce to cover the dish to the inside rim as well as the bird. Have the yolk of a hard-boiled egg, which put into a small sieve and rub through with a tea-spoon on to the breast of the chicken so as to form a sort of golden dust. Garnish round with parsley, and serve at once.

Allowed to remain until quite cold, it makes an excellent luncheon or supper dish.

The time of boiling must be determined by the size of the bird. A large chicken would require about 40 minutes.

Time—30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 318.—CHICKEN (Boiled).

Ingredients—

1 chicken, 1 oz. butter, $\frac{1}{2}$ pint melted butter, No. 227, or white sauce, No. 1211.

Method—

Spread the butter on the bird with a knife. Sprinkle a very clean cloth with flour, and tie up the bird in it.

Put it into a saucepan of hot water, breast upwards, and bring quickly to the boil. Draw the saucepan aside, and let it simmer gently. When done, take it up, untie the cloth, and put the bird on a hot plate to drain for 2 or 3 minutes. Then place it on a hot dish, pour the sauce, which must be rather thick, over it, and serve immediately.

Time—30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 319.—CHICKEN BROTH.

Ingredients—

The legs of a chicken, $\frac{1}{2}$ small onion, 1 sprig parsley and thyme, 10 pepper-corns, 1 quart water, seasoning pepper and salt.

Method—

Chop the onion, cut up the legs of the chicken into small pieces, and put these with all the other ingredients into a stewpan. Bring to the boil, and simmer gently for 2 hours, skimming off the scum as it rises. Strain into a very clean basin, and set aside until quite cold. Then skim off every particle of fat, make very hot as much broth as is required, season slightly with pepper and salt, and serve with some freshly-made, very crisp toast cut into dice.

Time—2 hours.

Sufficient for $1\frac{1}{4}$ pints of broth.

No. 320.—CHICKEN CREAMS.

Ingredients—

The legs of a raw chicken, $\frac{1}{2}$ pint milk, 3 eggs, 1 dessert-spoonful flour, $\frac{1}{4}$ pint cream, seasoning pepper, salt, and cayenne.

Method—

Take all the flesh off the legs of chicken, and pound it very finely in a mortar. Make the milk hot, beat and strain the eggs, mix the flour with

them, and then stir in the hot milk. Return this to the saucepan, and stir it over the fire until the mixture thickens as for custard. Let it become very thick, then add the cream, mix well together, and add a seasoning of pepper and salt, and a small pinch of cayenne. Put half of the sauce in a small basin, and mix thoroughly with it the pounded chicken. Butter some small dariole moulds, nearly fill them with the mixture, and stand them in a stewpan with boiling water only half-way up the moulds. Steam them carefully with the lid off the saucepan for 20 minutes. Have ready a hot *entree* dish, turn the little creams out, carefully pour the remaining half of the sauce, which must be very hot, gently over them with a spoon, and serve immediately.

The sauce should be made in a *bain-Marie* saucepan, so that the half not required immediately could be left in the saucepan and kept hot without spoiling.

Time—To cook custard, 10 to 15 minutes.

To steam creams, 20 minutes.

Sufficient for 6 creams.

No. 321.—CHICKEN (Croquettes of).

Ingredients—

Remains of cold chicken, $\frac{1}{4}$ pint white sauce, No. 1211, or melted butter, No. 227, the yolks of 2 eggs, 1 whole egg, breadcrumbs, frying fat.

Method—

Cut the chicken into very small dice and heat it in the sauce. Beat and strain the yolks of eggs, stir them into the sauce and continue stirring until the mixture thickens like custard, but take great care not to let it boil. Pour it into a basin and set it aside to cool. When cold, form the mixture into croquettes the size and shape of a plum, dip them into beaten egg, cover with fine breadcrumbs and arrange in

a frying-basket. Have ready a saucepan of boiling lard or refined suet, plunge the frying-basket into this and fry the croquettes a golden brown.

Time—To cook mixture, 10 to 15 minutes.

To fry croquettes, 5 or 6 minutes.

Sufficient for 6 or 8 croquettes.

No. 322.—CHICKEN (Curried).

Ingredients—

1 chicken, 2 oz. butter, 1 small onion, 1 apple, 1 table-spoonful curry powder, 1 dessert-spoonful flour, 1 pint veal stock.

Method—

Cut the chicken into several pieces, and mince the apple and onion finely. Put these with the butter into a small stewpan and brown them carefully. Pour in the stock and simmer gently for 30 minutes. Mix the curry powder and flour smoothly with a little stock or milk, and stir these to the chicken. Bring all again to the boil and simmer gently until the sauce is thick and rich. Serve on a hot dish with a border of rice cooked by recipe No. 1025.

Time—40 to 50 minutes.

Sufficient for 3 or 4 persons.

No. 323.—CHICKEN (Curried, made of Cold Chicken).

Ingredients—

Remains of cold chicken, 2 oz. butter, 1 small apple, $\frac{1}{2}$ onion, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{4}$ pint white stock or milk.

Method—

Take all the meat off the chicken and cut it into small dice; chop the apple and onion finely and put these with the butter into a small stewpan. Brown them carefully for 5 or 6 minutes, then mix the curry powder and stock (or milk) smoothly together

and pour them into the saucepan. Bring all to the boil and simmer gently until the sauce is nicely thickened. Put in the chicken and let it heat slowly by the side of the fire. Serve on a hot dish with a border of rice cooked by recipe No. 1025.

Time—Altogether, about 30 minutes.

Sufficient for 2 or 3 persons.

No. 324.—CHICKEN CUTLETS.

Ingredients—

The legs of a raw chicken, 4 oz. breadcrumbs, $\frac{1}{2}$ pint milk, the yolks of 2 eggs, 1 table-spoonful cream, seasoning salt and cayenne pepper, 1 egg, breadcrumbs, boiling fat.

Method—

Heat the milk to boiling point, pour it on the breadcrumbs, and let them soak for 10 minutes. Cut the chicken up into small pieces, and pound it and the soaked breadcrumbs together in the mortar. Beat and strain the eggs, mix them with the cream and moisten the chicken with these, turn the mixture into a small saucepan, add a seasoning of salt and a very little cayenne, and stir over the fire until nicely thickened. Then turn all into a basin and set it aside to cool. When cold, form into cutlets the shape and size of small mutton cutlets, cover them with beaten egg and fine breadcrumbs, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet; plunge the basket into this and fry the cutlets a golden-brown. Take them out, drain them carefully on kitchen paper, and serve very hot.

Time—To fry cutlets, 6 or 7 minutes.

Sufficient for 7 or 8 cutlets.

No. 325.—CHICKEN (Mayonnaise of).

Ingredients—

1 chicken, 2 lettuces, small piece of beetroot, 2 table-spoonfuls oil, 1 table-spoonful vinegar, $\frac{1}{4}$ tea-spoonful salt,

a pinch pepper, 3 hard-boiled eggs, mayonnaise No. 783.

Method—

Roast the chicken by recipe No. 330, set it aside to become cold, then carve it into neat joints and remove the skin. A plump chicken should give you 8 or 10 nice pieces. Mix the oil, vinegar, pepper, and salt together in a small basin, and dip each piece of chicken into the mixture; wash, dry, and cut up the lettuces as for an ordinary salad, peel the beetroot, slice it and cut it into dice, put some of the lettuce and beetroot at the bottom of the dish, arrange some of the pieces of chicken on them, then more of the salad and chicken, building the salad up in a cone shape until all is used. Cover the salad carefully with the mayonnaise dressing, cut the eggs into quarters, garnish the base of the salad with them, and serve.

Sufficient for 4 or 5 persons.

No. 326.—CHICKEN AND MUSHROOMS.

Ingredients—

Remains of cold chicken, 1 small tin of champignons, $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, seasoning pepper and salt.

Method—

Open the tin of mushrooms, wash them in cold water, then put them in a lined saucepan with the milk (reserving 1 table-spoonful), and simmer them in it for 10 minutes. Cut all the meat off the chicken into small dice, carefully removing any skin or gristle. Lift out the mushrooms and put them with the chicken. Mix the flour into a smooth batter with the cold milk, and pour the boiling milk on to this, stirring well. Return it to the saucepan, and stir the sauce over the fire until nicely thickened. Add the butter and stir until melted. Then put in the chicken

and mushrooms, and let them heat slowly in the sauce by the side of the fire, season with pepper and salt, and serve very hot.

*Time—*To heat chicken 20 minutes.

Sufficient for 3 or 4 persons.

No. 327.—CHICKEN AND HAM PATTIES.

Ingredients—

6 oz. cold chicken, 2 oz. chopped lean ham, $\frac{1}{4}$ tea-spoonful chopped onion, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint white sauce, No. 1211, or melted butter, No. 227, 6 patty cases made by recipe No. 907.

Method—

Have ready 6 patty cases. Put the butter into a small saucepan with the chopped ham and onion, and fry these together for 2 or 3 minutes, then add the chicken, cut into very small dice, and the white sauce, and stir the mixture over the fire for 5 or 6 minutes. Then fill the patty cases with it, put them in the oven until thoroughly hot throughout, and serve.

Chicken and tongue patties are made in exactly the same way, substituting the same quantity of tongue for ham.

*Time—*Altogether, 20 to 25 minutes.

Sufficient for 6 patties.

No. 328.—CHICKEN PIE.

Ingredients—

2 small chickens, 1 lb. sausage meat, 2 oz. butter, seasoning pepper and salt, $\frac{1}{2}$ pint stock, 2 hard-boiled eggs, 1 raw egg, crust No. 400, or No. 403, made with 1 lb. flour, and other ingredients in proportion.

Method—

Cut the chicken into neat joints and fry these for 8 or 10 minutes in the butter. Boil two of the eggs for 10 minutes, and set them aside to cool. Put

a layer of sausage meat at the bottom of the pie-dish, lay on it some pieces of chicken, then add more sausage meat, and proceed in this manner to build up all the chicken and sausage meat in the shape of a dome, seasoning them with pepper and salt. Slice the hard-boiled eggs, put them round, and pour in the stock. Make a crust as directed. Cut a thin strip of paste and put it round the edge of the dish, then roll out the cover to the size required, put it over, and ornament the edge neatly. Brush over the crust with beaten egg, and bake carefully in a good oven, covering the top with buttered paper if it seems inclined to take too much colour.

Time—2 hours.

Sufficient for 7 or 8 persons.

No. 329.—CHICKEN (Rissoles of).

Ingredients—

Remains of cold chicken, $\frac{1}{2}$ tea-spoonful finely-chopped onion, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint white sauce, No. 1211, or melted butter, No. 227, 1 tea-spoonful lemon juice, the yolks of 2 eggs, seasoning pepper and salt, 1 egg, bread-crumbs, frying fat.

Method—

Put the onion and butter into a small saucepan and fry for 2 or 3 minutes. Remove all skin and gristle from the chicken, and chop the meat finely. Add it and the white sauce to the onion and butter, and stir them over the fire until hot. Beat and strain the yolks of eggs, stir them into the mixture, add the lemon juice and seasoning, and continue to stir over the fire until the sauce thickens like custard, but be very careful not to let it boil, then set it aside to cool. When cold, make it into small rolls about $2\frac{1}{2}$ inches long and 1 inch thick, dip these into beaten egg, cover them with fine breadcrumbs, and arrange them in a frying-basket. Have ready a sauce-

pan of boiling lard or refined suet, plunge the basket into this, and fry the rissoles a light golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin garnished with fried parsley.

Time—To cook mixture, 10 to 15 minutes.

To fry rissoles, 6 or 7 minutes.

Sufficient for 8 or 10 rissoles.

No. 330.—CHICKEN ROAST.

Ingredients—

1 chicken, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Cover the breast of the chicken with fat bacon or a thickly-buttered paper. Roast in a good oven, and baste continually with plenty of clarified dripping. Remove the paper or bacon 10 minutes before the chicken is cooked, and let the breast be nicely browned. Then take it up, remove the skewers and trussing threads, and place it on a very hot dish. Pour a little gravy round and garnish with watercress.

Send brown gravy and bread sauce to table with this dish.

Time—30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 331.—CHICKEN (Young Spring, Roasted).

Ingredients—

1 chicken, clarified dripping for basting, $\frac{1}{4}$ pint brown gravy, $\frac{1}{4}$ pint bread sauce.

Method—

Choose as plump a bird as possible, as these chickens are very small when cooked. Cover the breast with fat bacon, or a buttered paper, and roast in a good oven, basting constantly with plenty of clarified dripping. Take it

up, remove the skewer and trussing threads, put it on a hot dish, pour a little gravy round, and garnish with watercress.

Send bread sauce and brown gravy to table with it.

Time—20 minutes.

Sufficient for 2 persons.

No. 332.—CHICKEN SALAD.

Ingredients—

The remains of cold chicken, 2 lettuces, $\frac{1}{2}$ small beetroot, small quantity cress, 2 hard-boiled eggs, mayonnaise dressing, No. 784.

Method—

Take off some of the outer leaves, wash the lettuces well and cut them up. Slice the beetroot, or cut it into small dice, and mix it with the lettuce. Remove all skin and gristle from the chicken and cut the meat into neat pieces. Put some of the salad at the bottom of the bowl, and on this lay the pieces of chicken, spread the mayonnaise over the meat, and then heap the rest of the salad lightly over. Cut off the stalks of the cress, wash it well and garnish the salad with very small bunches of cress and quarters of hard-boiled egg placed alternately round. The salad should be lightly mixed at table before serving.

Sufficient for 3 or 4 persons.

No. 333.—CHICKEN (Small Soufflés of).

Ingredients—

The legs of a raw chicken, 1 egg, 2 table-spoonfuls cream, seasoning pepper and salt.

Method—

Cut the meat into small pieces, pound it in the mortar to a smooth paste, and rub this through a sieve. Break the egg carefully, separating

the white from the yolk. Take out the speck and beat the yolk with the cream for 2 or 3 minutes, then mix them with the pounded meat and add a seasoning of pepper and salt. Whip the white of egg to as stiff a froth as possible, stir it into the mixture, and with this three parts fill some small soufflé moulds or cases which must previously have been buttered.

Bake them carefully in a good oven, and serve very hot.

Time—About 15 minutes.

Sufficient for 6 small soufflé moulds.

No. 334.—CHINA CHILO.

Ingredients—

1 lb. uncooked mutton, 1 onion, 1 lettuce, $\frac{1}{2}$ pint shelled peas, $\frac{1}{2}$ pint stock, seasoning pepper and salt.

Method—

A steak cut off a leg of mutton will answer best for this dish. Mince the meat finely and the onion. Remove all the outside leaves from the lettuce and cut it into shreds, let the peas be young and freshly shelled. Place all the ingredients in a stewpan, pour in the stock, stir well, and simmer gently for 2 hours. Then add the seasoning of pepper and salt and a little cayenne, and serve in a hot dish with a border of rice boiled by recipe No. 1025.

Time—2 hours.

Sufficient for 3 or 4 persons.

No. 335.—CHOCOLATE (To Make).

Ingredients—

1 oz. chocolate, 1 pint milk.

Method—

Grate the chocolate, mix it with $\frac{1}{4}$ pint of the milk, put them in a lined saucepan, and boil gently for 10 minutes, stirring constantly. Have ready the

rest of the milk boiling hot, mix it gradually with the chocolate, simmer for 3 or 4 minutes more, and serve.

Time—Altogether, 15 minutes.

Sufficient for 2 persons.

No. 336.—CHOCOLATE ALMONDS.

Ingredients—

4 oz. chocolate, 2 oz. sugar, 4 oz. Jordan almonds.

Method—

Pound the chocolate as directed in recipe No. 339, and mix the sugar with it. Blanch and skin the almonds, and dry them for about 10 minutes in a slow oven. Roll each almond in a little of the chocolate paste until it is covered in every part, but preserving the shape of the almond. Lay the chocolate almonds on sheets of white paper, and put them in a cool place to harden.

Sufficient for $\frac{1}{2}$ lb. chocolate almonds.

No. 337.—CHOCOLATE CREAM.

Ingredients—

2 oz. chocolate, 1 pint milk, 3 eggs, 2 oz. sugar, $\frac{1}{2}$ oz. isinglass, $\frac{1}{4}$ pint cream.

Method—

Break the chocolate into small pieces, put it in a small saucepan with $\frac{1}{4}$ pint of the milk and heat it over the fire, stirring occasionally until it is quite dissolved and smooth. Make the rest of the milk hot, and dissolve the isinglass in it, then add the chocolate and the sugar, and stir all well until it is quite smooth and creamy. Beat and strain the eggs, add the hot mixture to them, return all to the saucepan, and thicken as for custard, then set it aside in a cool place until it is lukewarm. Whip the cream to a stiff froth, beat in the custard by

degrees, and continue beating until they are thoroughly mixed. Pour into a well-wetted mould, and set aside in a cool place to become firm. It should be made some hours before it is required.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 338.—CHOCOLATE CUSTARDS.

Ingredients—

1 oz. chocolate, 1 pint milk, 3 eggs, 2 oz. sugar.

Method—

Break the chocolate into small pieces, put it in a small saucepan with $\frac{1}{4}$ pint of the milk and heat over the fire, stirring occasionally until it is quite dissolved and smooth. Then pour in the rest of the milk, mix well, add the sugar, and heat again to boiling point. Beat and strain the eggs, pour the boiling milk to them, return to the saucepan, and stir the custard over a slow fire until it is nicely thickened. Let it cool, pour into custard glasses, and set aside until quite cold.

Time—Altogether, about 30 minutes.

Sufficient for 7 or 8 custard glasses.

No. 339.—CHOCOLATE DROPS.

Ingredients—

6 oz. chocolate, 3 oz. sugar.

Method—

Heat the mortar and pestle in the oven until they are very hot. Break the chocolate into small pieces, put it in the heated mortar, and pound it to a smooth paste, mixing the sugar with it. Drop small pieces of the mixture on to sheets of white paper in little cakes the size of a halfpenny, and put them in a cool place to harden.

Sufficient for $\frac{1}{2}$ lb. chocolate drops.

No. 340.—CHOCOLATE ICING.*Ingredients—*

6 oz. sugar, 1 oz. chocolate, whites of 2 eggs.

Method—

Break the chocolate into small pieces, put it in a small saucepan with a tea-spoonful of water, and stir it over a gentle fire until it is melted. Whip the whites of eggs to as stiff a froth as possible, stir in the sugar and melted chocolate, mix lightly, and use at once.
Sufficient for 1 cake.

No. 341.—CHOCOLATE PISTACHIOS.*Ingredients—*

4 oz. chocolate, 2 oz. sugar, 4 oz. pistachio kernels.

Method—

Pound the chocolate as directed in recipe No. 339, and mix the sugar with it. Blanch the pistachios in boiling water; skin them and put them in a very slow oven for 9 or 10 minutes to dry. Roll each pistachio in a little of the chocolate paste until it is covered in every part with a thin coating of the mixture. Lay the chocolate pistachios on sheets of white paper, and put them in a cool place to harden.

Sufficient for ½ lb. chocolate pistachios.

No. 342.—CHOCOLATE SOUFFLÉ.*Ingredients—*

1 pint milk, 3 oz. fine flour, 1½ oz. chocolate, 1½ oz. butter, 1½ oz. sugar, 4 eggs.

Method—

Prepare a soufflé mould (an ordinary cake tin will do) by buttering it inside, and fixing a band 5 or 6 inches deep of buttered paper round the top, so as to protect the soufflé when it rises above the top of the tin. Mix the

flour to a smooth batter with 2 or 3 spoonfuls of the milk. Break the chocolate into small pieces, put it in a small saucepan with the rest of the milk, and heat them until the chocolate is quite dissolved. Stir in the flour and continue stirring over a gentle fire for a few minutes until it is very thick. Then take the saucepan off and stir in the butter, sugar, and the beaten and strained yolks of the eggs. Whisk the whites to as stiff a froth as possible, mix them gently, but thoroughly, with the soufflé mixture, pour it into the tin and bake it in a moderate oven.

Do not open the door for 10 minutes after the soufflé is put in the oven or it will not rise properly. Serve immediately it is taken out.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 343.—CIDER CUP.*Ingredients—*

¼ pint sherry, 3 pints cider, 1 pint ærated water, a slice of pineapple, 2 table-spoonfuls sifted sugar, a sprig of lemon verbena, a sprig of borage.

Method—

Put a fresh round of pineapple, cut about ¾ of an inch thick, into a large tumbler, with 2 table-spoonfuls of sifted sugar. Pour on to them 2 sherry glasses of dry sherry, and leave it for ½ an hour, or longer, to let the flavour of the pineapple be drawn out into the sherry. Put 3 pints of good strong cider into a large jug, with a sprig of lemon verbena and a sprig of borage, plunge the jug into ice, or ice mixture, and leave it there for a similar period. Strain the sherry from the pineapple and add it, stirring carefully, to the cider.

Just before serving add a pint of seltzer, Rosbach, or other ærated water (not soda-water if there is any other at hand), and take out the borage and verbena,

If bottled sparkling cider is used, ice the cider in the bottles, and do not pour them out into the jug until just before mixing in the sherry. In this case no aerated water need be added unless desired.

Sufficient for 4 or 5 persons.

No. 344.—CLARET CUP.

Ingredients—

2 bottles claret, 1 sherry glass maraschino, 3 bottles soda-water, 9 lumps sugar, rind of $\frac{1}{2}$ a lemon, 1 sprig verbenä or borage, ice.

Method—

Rub the lumps of sugar on the lemon rind until the essential oil is absorbed by them, then crush the sugar to powder, and put it in the cup with the claret, maraschino, soda-water, and verbenä or borage; mix well, ice, and serve.

Sufficient for about 5 pints of claret cup.

No. 345.—CLARET JELLY.

Ingredients—

1 bottle claret, the rind of 1 lemon, the juice of 2 lemons, 3 oz. loaf sugar, 1 oz. isinglass, the whites and shells of 2 eggs, $\frac{1}{4}$ pint water.

Method—

Put the isinglass in a lined saucepan and pour on it the claret. Let it stand for 5 minutes, then add the lemon rind very thinly peeled, the strained juice, and the sugar. Break the eggs carefully, so as not to take a speck of the yolks, and whip the whites and crushed shells together with $\frac{1}{4}$ pint of cold water. Add these to the other ingredients, and heat all slowly, stirring occasionally until the jelly boils. Then take out the spoon and simmer gently for 10 minutes. Do not stir it after it has reached boiling point, or the jelly will

not be clear. Turn the contents of the saucepan into a jelly-bag (which previously dip in hot water and wring dry), let it run through, and if not quite clear strain a second time. Pour into a well-wetted mould and set aside to cool. In summer, place the jelly on ice for 3 or 4 hours before serving.

Sufficient for 1½-pint mould.

No. 346.—COCK-A-LEEKIE.

Ingredients—

1 fowl, 1 bunch leeks, 2 quarts stock, 6 peppercorns, 1 tea-spoonful salt, seasoning pepper and salt.

Method—

Well wash the leeks, take off the roots and part of the heads, and cut them into lengths of 1 or 2 inches. Put the fowl and leeks into a stewpan, add the peppercorns and salt, and pour on the stock. Bring all to the boil, and simmer gently for 3½ hours, skimming carefully. Then take out the fowl, cut it up into neat pieces, and place these in a hot tureen. Pour the soup into a sieve, rub it through with a wooden spoon, put it back in the saucepan, season with pepper and salt, make very hot, pour it over the fowl, and serve immediately.

Time—About 3½ hours.

Sufficient for 5 or 6 persons.

No. 347.—COCOA (To Make).

Ingredients—

1 tea-spoonful cocoa, $\frac{1}{2}$ tea-spoonful moist sugar, 1 table-spoonful cold milk, $\frac{1}{2}$ pint boiling milk or water.

Method—

Mix the cocoa and sugar and stir them, together with the cold milk, into a smooth paste, then pour in $\frac{1}{2}$ pint boiling milk or water, stirring all the time. Pour the cocoa into a delicately clean

saucepan, and boil it for 2 minutes. Serve cold milk and loaf sugar separately.

Sufficient for 1 breakfast cup.

No. 348.—COCOANUT CHEESE CAKES.

Ingredients—

3 oz. dessicated cocoanut, 3 oz. sugar, 3 eggs, 1 dessert-spoonful brandy, crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Beat and strain the eggs, mix with them the cocoanut and sugar, and stir in the brandy. Beat well together for 2 or 3 minutes. Butter some patty-pans and line them with crust, fill them with the cocoanut mixture, and bake in a moderate oven.

Time—15 to 20 minutes.

Sufficient for 12 cheese cakes.

No. 349.—COCOANUT MACAROONS.

Ingredients—

$\frac{1}{4}$ lb. dessicated cocoanut, $\frac{1}{2}$ lb. pounded sugar, the whites of 4 eggs.

Method—

Whip the whites of the eggs to as stiff a froth as possible, then mix in the sugar and cocoanut with a wooden spoon, and form the mixture into small cones the size of a penny at their base. Put the macaroons on wafer paper laid on a baking sheet in rows, and bake in a slow oven. They should be *very lightly* browned when done.

Time—About 20 minutes.

Sufficient for 18 macaroons.

No. 350.—COD (à la Crème).

Ingredients—

Remains of cold cod, $\frac{1}{2}$ pint cream sauce No. 388, or melted butter No. 227, juice of $\frac{1}{2}$ a lemon, small pinch cayenne.

Method—

Make $\frac{1}{2}$ a pint of sauce, and have it ready very hot. Clear away all skin and bone from the fish, divide it into small pieces, and heat it slowly in the sauce. When very hot add the lemon juice and cayenne, mix well, and serve very hot.

Time—To heat the fish, 15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 351.—COD (à la Dieppoise).

Ingredients—

2 lbs. cod, $\frac{1}{2}$ pint mussel sauce, No. 812.

Method—

Well wash the cod, and cut it into slices about $\frac{3}{4}$ inch thick. Put them in cold, salted water, bring it gradually to the boil, and then simmer gently until done. Take it up, drain thoroughly, and place it on a hot dish, pour the sauce over, garnish with lemon and parsley, and serve at once.

Time—15 minutes.

Sufficient for 4 or 5 persons.

No. 352.—COD'S HEAD and SHOULDERS (Boiled).

Ingredients—

4 lbs cod's head and shoulders, 1 gallon water, 4 oz. salt.

Method—

Thoroughly cleanse the fish, and lay it in a fish-kettle with cold water to cover it, salted. Bring gradually to the boil, skim carefully, and let it simmer gently until done. Take it up, drain it, and serve on a hot napkin garnished with parsley and cut lemon. Send oyster sauce to table with this dish.

Time—35 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 353.—COD (Slices of, Boiled).

Ingredients—

2 lbs. middle of cod, $\frac{1}{2}$ gallon water,
2 oz. salt.

Method—

Cut the cod into slices about $\frac{3}{4}$ inch thick. Put them into cold, salted water, bring it gradually to the boil, then simmer gently until done. Take it up, drain thoroughly, and serve on a hot napkin garnished with parsley and cut lemon.

Send oyster sauce to table with it.

*Time—*15 minutes.

Sufficient for 4 or 5 persons.

No. 354.—COD (Curried).

Ingredients—

Remains of cold cod, $\frac{3}{4}$ pint milk,
1 small table-spoonful curry powder,
1 table-spoonful flour, 1 small onion,
1 oz. butter, juice of $\frac{1}{2}$ a lemon, 1 tea-spoonful chutney.

Method—

Remove all skin and bone from the fish, and divide it into small pieces. Melt the butter in a stewpan, chop the onion finely and fry it and the cod for 4 or 5 minutes. Then pour in $\frac{1}{2}$ pint of the milk, and let the fish simmer gently for 15 minutes. Mix the curry powder and flour smoothly with the remaining $\frac{1}{4}$ pint of milk, add them to the fish, and stir over a gentle fire for 7 or 8 minutes until the sauce is nicely thickened. Then add the lemon juice and chutney, mix well, and serve in a hot dish inside a border of rice.

*Time—*Altogether, about 20 minutes.

Sufficient for 5 or 6 persons.

No. 355.—COD (Fried).

Ingredients—

2 lbs. middle of a small cod, flour,
frying fat.

Method—

Well wash the cod and cut it into slices about $\frac{3}{4}$ inch thick. Dry them on a clean cloth, and flour them well. Fry them a golden-brown colour in plenty of boiling lard or refined suet. Drain them carefully, and serve on a folded napkin with fried parsley round.

Plain melted butter or anchovy sauce should be served with this dish.

*Time—*10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 356.—COD (au Gratin).

Ingredients—

Remains of cold cod, $\frac{1}{2}$ pint melted butter, No. 227, 2 oz. grated cheese,
2 oz. breadcrumbs, 1 oz. butter.

Method—

Make $\frac{1}{2}$ pint melted butter. Clean away all skin and bone from the fish, divide it into small pieces and heat it slowly in the sauce. When quite hot add the grated cheese, stir it well in, and put the mixture in a fire-proof dish, sprinkle over the bread-crumbs, and put the butter in small bits on it. Bake until lightly browned.

*Time—*15 minutes to bake.

Sufficient for 3 or 4 persons.

No. 357.—COD (à la Hollandaise).

Ingredients—

3 slices of cod, $\frac{1}{2}$ pint Hollandaise sauce No. 1069.

Method—

Boil the cod by recipe No. 353. Have ready the Hollandaise sauce boiling hot; dish the cod on a very hot dish, pour over the sauce, and serve.

*Time—*To boil the cod, about 15 minutes.

Sufficient for 4 or 5 persons.

No. 358.—COD (à l'Indienne).

Ingredients—

3 slices of cod, $\frac{1}{2}$ pint sauce Indienne, No. 1070.

Method—

Boil the cod by recipe No. 353. Have ready the sauce Indienne, boiling hot, dish the cod on a very hot dish, pour over the sauce, and serve.

*Time—*To boil the cod, about 15 minutes.

Sufficient for 4 or 5 persons.

No. 359.—COD ROES (Smoked, Potted).

Ingredients—

1 lb. smoked cod roe, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ tea-spoonful ground black pepper.

Method—

Remove all the skin from the roe and pound it in the mortar until it is quite smooth and free from lumps, then add 6 oz. of the butter, and the ground pepper, and pound again for 3 or 4 minutes, until they are thoroughly mixed, then press the paste into small pots, melt the remaining 2 oz. of butter, pour a thin layer over the cod roe to exclude the air, tie down when cold, and store in a cool place. This will keep some time.

Sufficient for $1\frac{1}{4}$ lbs. potted roe

No. 360.—COD ROES (Smoked, on Toast).

Ingredients—

3 slices of toast, butter, 2 oz. smoked cod roe.

Method—

Make some crisp toast, and cut it into neat strips $1\frac{1}{2}$ inches wide and 3 or 4 inches long, butter it whilst hot, cut the roe into strips $\frac{1}{8}$ th of an inch thick,

and the same length as the toasts, lay a piece of roe on each toast, set in the oven for 5 or 6 minutes until thoroughly hot, then arrange neatly on a hot dish, and serve immediately.

Sufficient for 3 or 4 persons.

No. 361.—COD ROES (Smoked on Toast, another Recipe).

Ingredients—

6 croûtons, No. 393, 2 oz. pounded cod roe, No. 359.

Method—

Prepare the croûtons carefully. Spread each with a thick layer of potted cod roe, put them in the oven for 4 or 5 minutes until thoroughly hot, then arrange neatly on a hot dish, and serve immediately.

Sufficient for 3 or 4 persons.

No. 362.—COD SOUNDS (To Boil).

Ingredients—

1 lb. cod sounds, $\frac{1}{2}$ pint milk, 1 pint water, $\frac{1}{2}$ pint egg sauce, No. 499.

Method—

Soak the sounds in water for 4 or 5 hours, then take away any discoloured skin and dry them. Lay them in a delicately clean saucepan, and cover them with the milk and water. Boil them gently until perfectly tender, skimming them constantly. When cooked take them up carefully, drain them, and dish them on a very hot dish, cover them with the egg sauce, and serve immediately.

If preferred, the sounds may be served on a hot fish napkin, garnished with parsley, and the sauce sent to table separately in a boat.

*Time—*About 40 minutes.

Sufficient for 2 or 3 persons.

No. 363.—COD SOUNDS (Fried).

Ingredients—

1 lb. sounds, $\frac{1}{2}$ pint milk, 1 pint water, egg, 1 bread-crumbs, 1 dessert-spoonful of chopped parsley, boiling fat for frying.

Method—

Soak the sounds in cold water for 4 or 5 hours; take away any discoloured skin and dry them. Lay them in a saucepan, cover them with the milk and water, and boil them for 30 minutes. Take them out and lay them aside to cool. When cold dip them in the beaten egg and cover them with mixed breadcrumbs and parsley. Arrange them in a frying-basket, plunge it into plenty of boiling fat, and fry them a bright golden colour. Serve on a hot dish covered with a fish napkin, and garnish with slices of lemon and plenty of crisp parsley.

*Time—*To boil, 30 minutes.

To fry, 10 minutes.

Sufficient for 2 or 3 persons.

No. 364.—COD SOUNDS (Fried in Batter).

Ingredients—

1 lb. sounds, $\frac{1}{2}$ pint milk, 1 pint water, frying batter, No. 123, boiling fat for frying.

Method—

Prepare and boil the sounds as for preceding recipe. When cold cut them into slices an inch thick. Dip them in the batter, and see that they are completely covered with it. Put them in the frying-basket, plunge it into plenty of boiling fat, and fry them a light golden colour. Drain carefully on kitchen paper, and serve on a very hot fish napkin garnished with crisp parsley.

*Time—*To fry, 6 to 10 minutes.

Sufficient for 2 or 3 persons.

No. 365.—COD (Stewed).

Ingredients—

2 lbs. middle of cod, 1 pint veal broth, 6 oysters, 1 table-spoonful lemon juice, seasoning salt and cayenne pepper, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Cleanse the cod, and cut it into 1-inch slices, put these into boiling water, salted in the usual proportion, and boil them for 10 minutes. Then take them out and let them drain. Heat the veal broth in a fresh saucepan; beard the oysters, cut each one into 3 or 4 pieces, and add them with their liquor to the broth; lay in the slices of cod and simmer them gently for 20 minutes. Carefully lift out the fish and arrange the slices neatly in a very hot dish. Mix the arrowroot quickly with the lemon juice, stir this into the sauce, add the seasoning, continue stirring for a minute, let the sauce come just to the boil, then pour it over the fish, and serve immediately.

*Time—*To cook cod, altogether 30 minutes.

Sufficient for 4 or 5 persons.

No. 366.—COD (Stuffed and Baked).

Ingredients—

2 lbs. middle of cod, force-meat No. 540, juice of 1 lemon, 2 oz. butter, $\frac{1}{2}$ pint brown gravy.

Method—

Wash the cod carefully, fill it with the forcemeat, tie it up with tape, and lay it on a baking-tin; put the butter in small bits on it, pour on the lemon juice, and bake for $\frac{1}{2}$ an hour, basting it constantly with the liquor in the tin. When done, remove the tapes and lay the cod on a hot dish; have ready the sauce boiling hot, pour it over the fish, and serve immediately.

*Time—*30 minutes in a good oven.

Sufficient for 4 or 5 persons.

No. 367.—COFFEE, BREAKFAST.*Ingredients—*

2 oz. coffee, $1\frac{1}{4}$ pints water.

Method—

Grind the coffee just before using it. Thoroughly heat the coffee-pot, put in the coffee, and pour in gradually the above proportion of boiling water.

Serve boiling milk with it.

Sufficient for 2 or 3 persons.

No. 368.—COFFEE (Essence of).*Ingredients—*

3 oz. coffee, $\frac{3}{4}$ pint water.

Method—

Grind the coffee immediately before using it. Thoroughly heat the coffee-pot, put in the coffee, pour in gradually the boiling water and let it all run through. Then heat the coffee to boiling point, pour it again on the coffee grounds, and let it run through a second time. Strain into a clean bottle and cork it tightly. Two table-spoonfuls of this essence added to $\frac{1}{2}$ pint boiling milk will make excellent café au lait. For café noir allow 3 table-spoonfuls to $\frac{1}{2}$ pint water.

No. 369.—COFFEE CREAM.*Ingredients—*

$\frac{1}{4}$ pint cold essence of coffee, No. 368, $\frac{3}{4}$ pint milk, 3 eggs, 3 oz. sugar, $\frac{3}{4}$ oz. isinglass, $\frac{1}{4}$ pint cream.

Method—

Put the milk, sugar, and isinglass into a clean saucepan and heat them to boiling point; beat and strain the eggs, mix the coffee with them, and add the boiling milk, etc., stirring all the time. Stir the mixture over a gentle fire until it thickens like custard, then pour it into a basin and set it aside to cool. When the custard is lukewarm whip the cream to a stiff froth, beat in to it

the custard, a little at a time (leaving behind any sediment there may be at the bottom of the basin), and continue beating for a few minutes, then pour the cream into a well-wetted mould and put it in a cool place to set. In summer the mould should be put in ice for a couple of hours before serving, as the cream should be served as cold as possible.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 370.—COFFEE CREAM (Another Recipe).*Ingredients—*

2 oz. whole coffee, a tiny piece butter, 1 pint milk, 3 eggs, 3 oz. sugar, $\frac{3}{4}$ oz. isinglass, $\frac{1}{4}$ pint cream.

Method—

Put the coffee beans in a small saucepan with a tiny bit of butter, stir them over a sharp fire for 7 or 8 minutes until the beans are very hot. Put the milk, isinglass, and sugar in a bain-marie saucepan, heat them to boiling point, then put in the coffee beans and let the whole stand for 15 minutes. Beat and strain the eggs, add the hot milk strained free from the coffee beans, and stir the mixture over a gentle fire until it thickens like custard, then set it aside to cool. When lukewarm, whip the cream to a stiff froth, beat in the custard by degrees, and continue beating for a few minutes until they are thoroughly mixed; pour into a well-wetted mould, and put it in a cool place to set. In summer the mould should be put in ice for a couple of hours before serving, as the cream should be served as cold as possible.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 371.—COFFEE CUSTARDS.*Ingredients—*

3 table-spoonfuls essence of coffee, No. 368, $\frac{3}{4}$ pint milk, 3 oz. sugar, 3 eggs.

Method—

Heat the milk and sugar to boiling point, beat and strain the eggs, add the coffee to them, and pour in the hot milk, stirring all the time. Return all to the saucepan and stir over a gentle fire until the custard thickens, then take it off the fire, continue stirring for a few minutes, let it cool, pour it into custard glasses, and set it aside to become very cold. In summer the custards should be set in ice for an hour before serving.

*Time—*Altogether, about 30 minutes.

Sufficient for 6 or 8 custard glasses.

No. 372.—COLLEGE PUDDINGS.*Ingredients—*

6 oz. bread-crumbs, 4 oz. finely-chopped suet, 3 oz. currants, 2 oz. candied peel, 2 oz. moist sugar, a little nutmeg, 3 eggs, 2 table-spoonfuls brandy, boiling lard for frying.

Method—

Wash, pick, and dry the currants and finely shred the candied peel. Put these together with the suet, which must be very finely chopped, and the sugar, and mix well together. Beat and strain the eggs, add the brandy to them, and grate in a little nutmeg. Add this to the pudding slowly, stirring well with a wooden spoon, then beat the mixture for 3 or 4 minutes, form it into balls, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet, plunge the basket into this, and fry the puddings a golden-brown. Turn them on to kitchen paper to drain, sift a little pounded sugar on each, and serve with wine sauce separately in a boat.

*Time—*About 15 minutes.

Sufficient for 6 puddings.

No. 373.—CONSOMMÉ.*Ingredients—*

2 lbs. leg of veal, 2 lbs. gravy beef, $\frac{1}{2}$ lb. lean ham, 2 carrots, 1 onion,

$\frac{1}{2}$ small head of celery, 2 oz. butter, 1 sprig parsley and thyme, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 2 quarts water.

Method—

Melt the butter in a stewpan, chop the ham into dice, and cut the veal and beef into small pieces. Put these into the stewpan and brown them over a clear fire for 7 or 8 minutes, moving them about with a wooden spoon. Pour in the water and bring slowly to boiling point; when it is quite boiling skim it carefully and throw in about a pint of cold water, a tea-cupful at a time, to bring all the scum to the surface. When no more scum appears add the vegetables (which must be carefully washed and cut into small pieces) and the seasonings. Stew all gently for 4 hours, skimming carefully as the scum rises, then strain through a fine sieve and set aside to cool. When required for use take off every particle of fat, heat it to boiling point, and serve very hot.

*Time—*Altogether, about 4 $\frac{1}{2}$ hours.

Sufficient for 7 or 8 persons.

No. 374.—CRAB (To Choose).*Method—*

In choosing a crab judge it by its weight. Crabs should, like lobsters, feel heavy for their size. They must always be extremely fresh, and should not be eaten during May, June, or July.

No. 375.—CRAB (To Serve Cold).*Ingredients—*

1 crab of moderate size.

Method—

Take all the flesh out of the crab and wash and dry the shell. Re-place the white meat, cut into small pieces,

with the soft creamy part arranged in the centre. Garnish with parsley, and serve.

Sufficient for 2 or 3 persons.

No. 376.—CRAB (Hot).

Ingredients—

1 crab of moderate size, 2 oz. butter, 1 tea-spoonful flour, 1 table-spoonful vinegar, seasoning salt and cayenne.

Method—

Divide the flesh of the crab into small pieces, melt the butter in a saucepan, dredge in the flour, add the crab, and cook for a few minutes until very hot, moving the crab about with a wooden spoon. Then stir in the vinegar, salt, and cayenne, mix well, pour the mixture into the shell of the crab, which should have been made hot in the oven, and serve immediately.

Time—10 to 15 minutes.

Sufficient for 2 or 3 persons.

No. 377.—CRAB SALAD.

Ingredients—

1 crab, 2 lettuces, $\frac{1}{4}$ small beetroot, mayonnaise dressing No. 784, 3 hard-boiled eggs.

Method—

Pull off some of the outer leaves, wash the lettuces well, and cut them up. Cut the beetroot in very thin slices, or in dice, and mix it with the lettuce. Lay some of the lettuce at the bottom of the salad-bowl, on this lay the flesh of the crab cut into small pieces, spread the mayonnaise over the fish, and then heap the rest of the salad lightly over. Garnish with hard-boiled eggs cut into quarters, with a small piece cut off the end of each to enable it to stand upright.

The salad should be lightly mixed at table before serving.

Sufficient for 3 or 4 persons.

No. 378.—CRAB SAUCE.

Ingredients—

1 crab, $\frac{1}{2}$ pint melted butter No. 227, seasoning cayenne pepper and salt.

Method—

Make $\frac{1}{2}$ pint of melted butter. Take all the meat of the crab out of the shell and divide it into small pieces. Mix the creamy parts smoothly with the boiling sauce. Add the pieces of crab, season with salt and a very little cayenne, mix well, make all very hot but do not allow it to *boil*, and serve immediately.

Time—After the crab is added, 8 or 10 minutes.

Sufficient for 5 or 6 persons.

No. 379.—CRANBERRIES (Compôte of).

Ingredients—

1 lb. cranberries, 6 oz. sugar, $\frac{1}{4}$ pint water.

Method—

Wash and pick the cranberries. Boil the sugar and water together for 10 minutes. Put in the cranberries and simmer them gently for 30 minutes. Let them cool slightly, then turn them into a silver or glass dish, and serve cold.

Time—30 minutes.

Sufficient for 3 or 4 persons.

No. 380.—CRANBERRY PUDDING.

Ingredients—

1 lb. cranberries, 4 oz. sugar, 1 table-spoonful water, crust No. 396, or No. 404, made with $\frac{3}{4}$ lb. flour and other ingredients in proportion.

Method—

Wash and pick the cranberries. Well butter a pudding-basin and line it with crust, put in the cranberries

mixed with the sugar and add a table-spoonful of water, fit in the cover carefully, and pinch the edges lightly together. Tie it down securely in a floured cloth, and plunge it into boiling water. When cooked, turn it out carefully, sprinkle over with sifted sugar, and serve with sifted sugar and cream handed round.

Time—With butter crust, $2\frac{1}{2}$ hours, with suet crust, 4 hours.

Sufficient for 4 or 5 persons.

No. 381.—CRANBERRY TART.

Ingredients—

1 lb. cranberries, 6 oz. sugar, 2 table-spoonfuls water, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Wash and pick the cranberries, mix them with the sugar, and arrange them in a dome shape in a pie-dish with a small cup or jar in the centre. Pour in the water, cut a strip of paste and put it round the edge of the dish, then put on the cover, and ornament the edges neatly. Bake in a moderate oven, and cover the top with buttered paper if the paste seems inclined to take too much colour. Sift pounded sugar over, and serve with cream and sifted sugar handed round.

Time—35 minutes.

Sufficient for 4 or 5 persons.

No. 382.—CRAYFISH (To Boil).

Ingredients—

1 dozen crayfish, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, 1 table-spoonful vinegar.

Method—

Have ready the boiling water, to which has been added vinegar and salt in above proportion. Throw in

the crayfish and boil them for 15 minutes, then take them out and drain them. Let them cool, arrange them on a napkin, and garnish with plenty of very fresh parsley.

Time—15 minutes.

No. 383.—CRAYFISH (Potted).

Ingredients—

50 crayfish, 2 oz. butter, seasoning pepper and salt.

Method—

Boil the crayfish by preceding recipe; pick out all the meat and pound it in the mortar, adding the butter gradually, and seasoning with pepper and salt. Put it into small pots, and run a little clarified butter over the top to exclude the air.

No. 384.—CRAYFISH SOUP.

Ingredients—

2 dozen crayfish, 2 oz. butter, 2 or 3 anchovies, 1 quart stock, seasoning pepper and salt.

Method—

Shell the crayfish and set the fish aside until wanted. Pound the shells in the mortar with the anchovies, butter, and a seasoning of pepper and salt. Put them with the stock into a very clean stewpan, and simmer this for $\frac{3}{4}$ of an hour. Then rub the soup through a fine sieve, return it to the saucepan, bring again to the boil, and add the fish. Simmer it for 3 minutes, but do not allow it to *boil*.

Time—About 1 hour.

Sufficient for 3 or 4 persons.

No. 385.—CRÊME (à la Contesse).

Ingredients—

1 lb. chestnuts, 1 pint milk, $\frac{3}{4}$ oz. isinglass, 3 eggs, 2 oz. sugar, $\frac{1}{4}$ pint cream.

Method—

Boil the chestnuts until quite tender, peel them and rub through a fine sieve. Soak the isinglass in the milk for 5 minutes, and then heat the milk until the isinglass is quite dissolved. Beat and strain the eggs, add to them the sugar and the hot milk, and return all to the saucepan. Stir it over the fire, let it thicken as for custard, then mix thoroughly with the chestnuts and set it aside to cool. When it is lukewarm, whip the cream to a stiff froth, beat in the custard by degrees, and continue beating until they are perfectly mixed. Pour the cream into a well-wetted mould, and set it aside in a cool place to become firm.

Sufficient for 1½-pint mould.

No. 386. CRÊME (à la Valois).*Ingredients—*

½ pint cream, 2 sponge cakes, 2 table-spoonfuls sherry, 1 table-spoonful raspberry jam, 6 ratafias, ¼ oz. isinglass, 2 table-spoonfuls boiling milk, ¼ tea-spoonful vanilla flavouring.

Method—

Cut the sponge cakes into quarters and put the pieces on a plate, spread the jam on them, and pour the wine over. Soak the isinglass in the boiling milk, stirring it occasionally until dissolved. Whip the cream to a stiff froth, add the melted isinglass and vanilla, and beat the mixture for 3 or 4 minutes. Have ready a mould which has been wetted with cold water, and put about 2 table-spoonfuls of the cream in it, then lay in 2 or 3 pieces of the sponge cake, and crumble 2 of the ratafias on top, add more cream and cake alternately until the mould is full. Care must be taken that the sponge cake is always laid in the centre of the mould, otherwise the cream will not appear smooth and white when turned out. Set it aside in a cool place. It will be firm in a couple of hours.

Sufficient for 1½-pint mould.

No. 387.—CREAM CHEESE (To Serve).

Cream cheese should be served on a very white d'oyley, and garnished with very fresh parsley or with watercress.

No. 388.—CREAM SAUCE.*Ingredients—*

½ pint cream, 2 oz. butter, 1 tea-spoonful flour, 1 tea-spoonful lemon juice, seasoning salt and cayenne.

Method—

Melt the butter in a lined saucepan, dredge in the flour, and stir for 2 or 3 minutes, gradually pour in the cream, stirring all the time. Simmer it until the sauce is rich and thick, put in the lemon juice, salt, and cayenne, stir well, and serve.

*Time—*Altogether, about 10 minutes.

Sufficient for 4 or 5 persons.

No. 389.—CREAM, WHIPPED (For Trifles, Meringues, etc.).*Ingredients—*

½ pint cream, 1 table-spoonful brandy.

Method—

Pour the cream into a basin which would hold a quart, and whip it with a fork until it is a stiff froth, then add the brandy, and just whip sufficiently to mix it, but do not continue whipping or the cream will grain and be unfit for use.

In putting cream on trifles do not *pour* it out of the basin, but take a spoonful at a time and carefully heap it on the cake as you wish it to be when served. Put the dish away in a cold place until needed. The cream should not be whipped many hours before it is to be served.

*Time—*To whip cream, if rich and thick, about 15 minutes, if thin, 30 to 40 minutes.

No. 390.—CROMESQUIS.*Ingredients—*

2 oz. minced beef or veal, 1 table-spoonful stock, seasoning pepper and salt, 2 or 3 thin slices of cold boiled bacon, frying batter No. 123, boiling fat for frying.

Method—

Divide the bacon into 6 pieces, 3 inches long and 2 inches wide, mince the beef, which must be perfectly free from skin and fat and finely minced, with the stock, add a seasoning of pepper and salt, and put a spoonful of the mixture in the centre of each piece of bacon, roll them up neatly, and run tiny skewers through them, dip the cromesquis in the batter, have ready a saucepan of boiling lard, with the frying-basket in it, and fry the cromesquis for 5 or 6 minutes until they are a nice golden colour, then take them up, remove the skewers, drain them carefully, and serve on a hot napkin in a very hot dish, and garnish with fried parsley.

Time—5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 391.—CROMESQUIS (Chicken).*Ingredients—*

2 oz. cold chicken, 2 table-spoonfuls cream or milk, $\frac{1}{2}$ tea-spoonful flour, $\frac{1}{2}$ oz. butter, seasoning pepper and salt, 2 or 3 thin slices of cold boiled bacon, frying batter No. 123, boiling lard for frying.

Method—

Mix the flour and cream or milk smoothly together, put them in a very small saucepan with the butter, and stir them over the fire until they become very smooth and thick, then add the chicken, which must be finely minced, and a seasoning of pepper and salt, mix well and set aside to cool.

When cold, divide the bacon into 6 pieces, 3 inches long and 2 inches wide, lay a spoonful of the chicken mixture in the centre of each piece of bacon, roll them up neatly, and run tiny skewers through them. Dip the cromesquis in the batter, have ready a saucepan of boiling lard, with the frying-basket in it, and fry the cromesquis for 5 or 6 minutes until of a light golden colour, then drain them carefully, remove the skewers, and serve them on a hot napkin in a very hot dish, and garnish with fried parsley.

Time—5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 392.—CROMESQUIS (Oyster).*Ingredients—*

1 doz. oysters, seasoning pepper and salt, $\frac{1}{2}$ tea-spoonful of lemon-juice, frying batter No. 123, boiling lard.

Method—

Open the oysters carefully, put them in a lined saucepan with the lemon-juice and seasoning pepper and salt, strain the liquor over them, heat them gently to boiling point, but do not let them boil, then turn them into a basin and let them cool. When cold, remove their beards. Divide the bacon into 6 pieces, 3 inches long and 2 inches wide, lay two oysters on each piece, roll them up carefully, and run a tiny skewer through each, and dip them in batter. Have ready a saucepan of boiling lard, with the frying-basket in it, and fry the comesquis for 5 or 6 minutes until of a light golden colour, drain them carefully, remove the skewers, and serve them on a hot napkin in a very hot dish, and garnished with fried parsley.

Time — To heat oysters slowly, 10 minutes.

To fry the cromesquis, 5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 393. CROÛTONS (Fried).

Ingredients—

3 slices bread, 2 oz. butter.

Method—

Cut the bread a third of an inch thick from a rather stale loaf, and stamp it out into rounds with a plain cutter about $1\frac{1}{2}$ inches in diameter. Melt the butter in a small frying-pan, put in the croûtons, and fry them until they are quite crisp, and of a pale golden colour. Drain them carefully on kitchen paper, and they are ready for use.

When croûtons are used as a foundation for small savouries, much of the excellence of the savoury depends on their careful preparation. They must be free from grease, crisp but not tough, and very hot.

No. 394.—CRUMPETS (To Toast).

Ingredients—

6 or 7 crumpets, 1 oz. butter.

Method—

Have a very clear fire and a hot muffin-dish and cover ready. Toast the crumpet carefully until nicely browned on one side, then turn it and toast on the other. Be very careful not to hold it so near as to let it burn or get blackened against the bars.

Butter each crumpet, as it is done, on the top side, sprinkle it with a very little salt, cut it in half, and place it in the hot dish. Do all as quickly as possible, but remember that they must be thoroughly cooked. Serve immediately they are ready, and let them be eaten very hot.

For crumpets, muffins, hot toast, etc., only *very fresh* butter should be used, as heat always accentuates any fault in this respect.

*Time—*For 6 crumpets, about 15 minutes.

Sufficient for 3 or 4 persons.

No. 395.—CRUST (For Raised Pies).

Ingredients—

1 lb. flour, 2 oz. chopped suet, 2 oz. butter, $\frac{1}{4}$ pint water.

Method—

Chop the suet finely, and put it with the butter into a saucepan with $\frac{1}{4}$ pint of boiling water. Simmer them for 2 or 3 minutes until melted, then put the flour into a basin, make a hollow in the centre, and strain the water into it, using a wooden spoon to mix it into a smooth paste. Turn it on to a floured board, and when cool enough to touch, knead it slightly with the hands, sprinkle it with flour, roll it out $\frac{1}{4}$ inch thick, and use to line the moulds as directed.

No. 396.—CRUST, BUTTER.

Ingredients—

1 lb. flour, 6 oz. butter, 4 or 5 table-spoonfuls milk, $\frac{1}{4}$ pint water, 1 pinch salt.

Method—

Mix the salt with the flour, and with a wooden spoon make it into a smooth paste with the milk and water. Turn it on to a floured board, and roll it out. Cut the butter into thin slices, lay it on half the paste, fold over it the other half, and roll it out into a sheet $\frac{1}{4}$ of an inch thick. Fold this in three, roll it out again, and the crust is ready for use.

No. 397.—CRUST, CREAM.

Ingredients—

$\frac{3}{4}$ lb. flour, 1 oz. butter, 1 tea-spoonful sugar, about $\frac{1}{2}$ pint cream.

Method—

Mix the sugar with the flour, rub in the butter, and with a wooden spoon mix in sufficient cream to make a smooth paste. (It is impossible to give exactly the quantity of cream re-

quired, as it much depends on its thickness.) Turn it on to a floured board, knead it slightly, roll it out to $\frac{1}{8}$ -inch thickness, and it is ready for use.

This makes a very delicate crust for fruit tarts, etc., and may be used in place of puff or short crust.

No. 398.—CRUST, DRIPPING.

Ingredients—

1 lb. flour, 4 oz. clarified beef dripping, $\frac{1}{2}$ tea-spoonful baking-powder, $\frac{1}{2}$ tea-spoonful salt, about 3 table-spoonfuls milk, $\frac{1}{4}$ pint water.

Method—

Mix the salt and baking-powder with the flour and rub in the dripping, then add the milk and water gradually, and with a wooden spoon make the mixture into a smooth paste; turn it on to a well-floured board, roll it out, sprinkle it with flour, roll it out again to required thickness, and it is ready for use.

No. 399.—CRUST, LARD.

Ingredients—

1 lb. flour, 4 oz. lard, 1 oz. butter, 3 table-spoonfuls milk, $\frac{1}{4}$ pint water.

Method—

Rub the lard and butter into the flour, and make them into a smooth paste with the milk and water, using a wooden spoon to mix the dough with, turn it on to a floured pastry-board, roll it out once or twice, and the crust is ready for use.

No. 400.—CRUST, PUFF.

Ingredients—

1 lb. flour, 1 lb. butter, yolks of 2 eggs, juice of 1 lemon, $\frac{1}{4}$ tea-spoonful salt, 7 or 8 table-spoonfuls water.

Method—

Put the flour in a basin and make a hollow in the centre, in which place

the yolks of the eggs (first removing the speck), salt, lemon juice, and sufficient very cold water to make a smooth paste, mixing the dough with a wooden spoon as the water is added. Turn the crust on to a floured pastry-board, and leave for 5 minutes, then roll it out into a sheet $\frac{1}{2}$ an inch in thickness, and sift a little flour on it. Press the butter into a sheet about an inch thick, and lay it in the centre of the paste, fold over each end on to it, entirely hiding the butter, sift a little flour over, and roll the paste out into a long sheet $\frac{1}{4}$ of an inch thick. If this is properly done the paste and butter will flatten out without the butter breaking through the paste. Sift a little flour on the board and on the paste between each rolling-out. Fold the paste in three, and roll out; fold again in three, roll out a second time, then put the paste on a floured dish, and leave it in a very cool place, or, in summer, over ice for $\frac{1}{2}$ an hour. At the end of that time fold and roll out twice again, set it aside for $\frac{1}{4}$ of an hour, then fold and roll out twice—making 6 rollings-out in all—and it is ready for use. It is most important to have the butter thoroughly cold and hard, as if it is at all soft and greasy it is impossible to prevent it breaking through the paste, which will then not rise properly. Should it seem at all watery, wring it dry in a cloth, or the paste will be heavy, but if good fresh butter is used this ought not to be necessary.

No. 401.—CRUST, HALF PUFF.

Ingredients—

1 lb. flour, 8 oz. butter, yolk of 1 egg, juice of 1 lemon, 7 or 8 table-spoonfuls water.

Method—

Rub 1 oz. of the butter into the flour, make a hollow in the centre, in which place the yolk of the egg (first removing the speck), lemon juice, and

sufficient very cold water to make it into a smooth paste, using a wooden spoon to mix it with. Turn the paste on to a floured pastry-board, and roll it out into a sheet $\frac{1}{2}$ an inch in thickness. Cut the remainder of the butter into slices $\frac{1}{2}$ an inch thick, lay them on half the paste, fold over the other half, and roll it out into a sheet $\frac{1}{4}$ of an inch thick; fold in three, roll it out again and set it aside in a very cool place on a floured dish for 20 minutes, then fold and roll out twice, and it is ready for use.

No. 402.—CRUST, SHORT (Plain).

Ingredients—

1 lb. flour, 6 oz. butter, 3 table-spoonfuls milk, $\frac{1}{4}$ pint water, 1 pinch salt.

Method—

Add the salt to the flour, and rub in the butter. Slightly hollow the centre and pour in the milk and water. Mix as lightly as possible with a wooden spoon, then turn the paste on to a floured board and roll it out. Fold it in two and roll again. Then roll it to the size you require, and it is ready for use.

No. 403.—CRUST, SHORT (Very Good).

Ingredients—

1 lb. flour, 10 oz. butter, 3 table-spoonfuls milk, $\frac{1}{4}$ pint water, 1 pinch salt.

Method—

Rub the butter into the flour, add a pinch of salt, and mix it into a light paste with the milk and water. Roll it out on a well-floured board, sprinkle the paste with flour and roll again. Then roll it out to the thickness and size required, and it is ready for use.

No. 404.—CRUST, SUET.

Ingredients—

1 lb. flour, 6 oz. finely-chopped or refined suet, $\frac{1}{4}$ tea-spoonful salt, 3 table-spoonfuls milk, $\frac{1}{4}$ pint water.

Method—

Mix the salt with the flour, rub in the suet, and make them into a firm paste with the milk and cold water, using a wooden spoon to mix the dough with. Turn on to a floured board, knead lightly, roll it out $\frac{1}{4}$ of an inch in thickness, and it is ready for use.

No. 405.—CUCUMBERS (Boiled).

Ingredients—

2 large cucumbers, $\frac{1}{2}$ tea-spoonful salt, water, $\frac{1}{4}$ pint melted butter No. 227.

Method—

Pare the cucumbers, cut them into lengths of 3 or 4 inches; halve them and take out the seeds. Put them in plenty of boiling water, salted, and boil them until quite tender. Take them up carefully, drain them, and serve in a hot vegetable dish with a little melted butter poured over.

*Time—*10 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 406.—CUCUMBERS (To Dress).

Ingredients—

1 cucumber, 2 table-spoonfuls oil, 1 table-spoonful vinegar, seasoning pepper and salt.

Method—

Peel the cucumber and slice it very thinly into a glass dish. Mix the oil, vinegar, pepper, and salt together in a small basin, pour the dressing over the sliced cucumber, and serve.

Sufficient for 5 or 6 persons.

No. 407.—CUCUMBERS (To Dress, another Method).

Ingredients—

1 cucumber, 2 table-spoonfuls oil, 1 table-spoonful vinegar, seasoning pepper and salt.

Method—

Peel the cucumber and then pare it round and round in ribbons about $\frac{1}{2}$ an inch wide, and as thin as possible, until the soft inside part is reached, which must not be used. Mix the oil, vinegar, pepper, and salt in a small basin, heap the cucumber ribbons lightly in a small glass dish, pour the dressing over them, and serve.

Sufficient for 4 or 5 persons.

**No. 408.—CUCUMBER SAUCE
(Brown).**

Ingredients—

1 cucumber, $\frac{1}{2}$ pint brown stock, $\frac{1}{2}$ tea-spoonful arrowroot, seasoning salt and cayenne.

Method—

Pare the cucumber, halve it, take out the seeds, and divide it into lengths of 3 or 4 inches. Put it in boiling water, slightly salted, and boil it for 15 minutes. Strain off the water, pour in the cold stock, bring quickly to the boil, and simmer the cucumber in this until it is perfectly tender. Rub all through a sieve, and return to the saucepan. Mix the arrowroot with a tea-spoonful of water, stir it into the sauce, and boil for 2 or 3 minutes until the sauce is nicely thickened. Season with salt and a very little cayenne, and serve immediately.

*Time—*To cook, altogether about 35 minutes.

Sufficient for 4 or 5 persons.

**No. 409.—CUCUMBER SAUCE
(White).**

Ingredients—

1 cucumber, $\frac{1}{2}$ pint milk, 1 oz. butter, 1 tea-spoonful flour, seasoning pepper and salt.

Method—

Pare the cucumber, halve it, take out the seeds and divide into lengths

of $\frac{3}{4}$ or 4 inches. Put it in boiling water, slightly salted, and boil it for 15 minutes. Then strain off the water, add the milk, and simmer the cucumber gently in this until perfectly tender. Then rub all through a sieve, and return to the saucepan. Mix the flour with a spoonful of cold milk, stir this into the sauce, and boil for 2 or 3 minutes until slightly thickened. Add the butter, pepper, and salt, and stir gently until the butter is melted. Serve immediately in a hot sauce-boat.

*Time—*To boil cucumber, 15 minutes. To simmer in milk, 10 to 15 minutes after the milk boils.

Sufficient for 4 or 5 persons.

No. 410.—CUCUMBER SOUP.

Ingredients—

3 cucumbers of moderate size, $\frac{1}{2}$ small onion, 1 quart stock, 1 tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Peel the cucumbers, split them lengthwise and remove the seeds. Cut them into several pieces, lay them in a stewpan with the onion sliced, and cover them with the stock. Bring to the boil, and simmer gently until they are perfectly tender. Then turn the soup into a sieve, and rub it through with a wooden spoon. Pour it into a clean saucepan, and bring it again to the boil. Mix the arrowroot smoothly with a table-spoonful of cold water, stir it into the soup, and simmer for 2 or 3 minutes until nicely thickened, season with pepper and salt, and serve very hot.

*Time—*Altogether, about 1 hour.

Sufficient for 3 or 4 persons.

No. 411.—CURDS AND WHEY.

Ingredients—

$\frac{1}{2}$ square inch of rennet, $\frac{1}{4}$ pint hot water, 1 quart new milk.

Method—

Procure from the butcher a small piece of rennet. Soak $\frac{1}{2}$ a square inch in the hot water for 2 hours, then strain a small table-spoonful of this liquor into a quart of new milk, and set it aside in a warm place until the curds and whey separate.

*Time—*To soak the rennet, 2 hours.

To separate the whey, leave for 4 or 5 hours.

No. 412.—CURRANT CAKE.*Ingredients—*

1 lb. flour, 6 oz. butter, 6 oz. sugar, 6 oz. currants, $\frac{1}{4}$ pint milk, 2 eggs, 1 tea-spoonful baking-powder.

Method—

Mix the baking-powder with the flour, and rub the butter into them; add the currants, which must be washed, picked, and dried, and the sugar. Beat and strain the eggs, mix the milk with them, and moisten the cake with these, beat well for a few minutes, put the mixture in a cake tin lined with buttered paper, and bake for $1\frac{1}{2}$ hours.

Time— $1\frac{1}{2}$ hours.

Sufficient for 1 moderate sized cake.

No. 413.—CURRANT DUMPLINGS.*Ingredients—*

$\frac{3}{4}$ lb. flour, 4 oz. suet, 6 oz. currants, 2 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Wash, pick, and dry the currants, and chop the suet finely. Rub the suet into the flour, mix in the currants and sugar, and make it into a very thick batter with the milk. Beat it well, then divide it into dumplings, tie each in a small floured cloth, and boil in plenty of boiling water. When cooked, take them out, remove the cloths, sprinkle

the dumplings with sifted sugar, and serve sugar and cut lemon with them.

*Time—*1 hour.

Sufficient for 6 or 8 dumplings.

No. 414.—CURRANT PUDDING.*Ingredients—*

$\frac{3}{4}$ lb. flour, 4 oz. suet, 6 oz. currants, 2 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Wash, pick, and dry the currants. Finely chop the suet, and rub it into the flour, mix in the currants and sugar, and moisten all with the milk. Beat the mixture well, put it in a well-buttered pudding-basin, cover the top with a buttered paper, tie it down securely in a floured cloth, and plunge it into plenty of boiling water. When done, turn it out carefully, sift pounded sugar over, and serve with wine sauce.

*Time—*4 hours.

Sufficient for 5 or 6 persons.

No. 415.—CURRIES (Remarks on).

Curries are commonly known as *dry* curries and *wet* curries. In a dry curry, the meat, after being cooked in the curried sauce, is stirred over a gentle fire until all the sauce has evaporated, great care being taken that the meat does not get burnt in the process. In a wet curry, the meat is served in a small quantity of very thick sauce, and this is the more ordinary way.

Curries to be made in perfection should be of fresh meat, but the ordinary housekeeper seldom wishes to disguise her uncooked meat in this form. If care be taken in the preparation of the sauce, and all the skin, fat, and gristle be removed from meat, or skin and bones from fish, and they be cut into small dice and *slowly* heated in a well-made sauce, a really palatable curry may be easily obtained from re-

mains of cold meat and fish. Recipes for various curries will be found throughout the book. The amount of curry powder must be increased if a *very hot* curry is wished, and the difference in the heat of curry powders must also be considered. Personally, I always use Vencatachellum's curry powder; I find it keeps well, and is of excellent flavour.

The border of rice to a curry should be very carefully prepared, so that the grains are separate and *dry*. If the precise directions given in recipe No. 1025 are followed, this will be attained without difficulty.

No. 416.—CURRY SAUCE.

Ingredients—

1 oz. butter, 1 small onion, $\frac{1}{2}$ apple, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ pint stock, juice of $\frac{1}{2}$ a small lemon.

Method—

Melt the butter in a small stewpan, cut the onion and apple into dice, add them, and fry for 6 or 7 minutes, then dredge in the flour and curry powder mixed, stirring all the time, and cook until it is smooth and brown. Then stir in the stock, and simmer gently for 15 minutes, add the lemon juice, strain, and it is ready for use.

*Time—*Altogether, about 25 minutes.

No. 417.—CURRY SAUCE (Maigre).

Ingredients—

1 oz. butter, 1 small onion, $\frac{1}{2}$ apple, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ pint milk.

Method—

Melt the butter in a small stewpan, cut the onion and apple into dice, and fry them for 3 or 4 minutes without allowing them to take any colour. Mix the curry powder and flour smoothly with the milk, add them to

the onion and apple, and stir all gently over the fire for 10 or 12 minutes until the sauce is rich and thick, colour with 2 or 3 drops of browning, strain, and it is ready for use.

*Time—*Altogether, about 15 minutes.

No. 418.—CUSTARD (Boiled).

Ingredients—

1 pint milk, 3 eggs, 3 oz. sugar, 2 strips lemon peel.

Method—

Put the milk, sugar, and lemon peel in a bain-marie saucepan and heat them slowly to boiling point, pick out the lemon peel, and let the milk cool for 2 or 3 minutes. Beat and strain the eggs, add the hot milk to them, return all to the saucepan, and stir the custard over a gentle fire until it thickens. Take off the fire, stir for a few minutes whilst it cools, and serve cold.

Use a wooden spoon to stir the custard, and when it clings to the back of the spoon, so as to form a smooth coating, it is sufficiently thickened.

*Time—*Altogether, about $\frac{1}{2}$ an hour.

Sufficient for 5 or 6 persons.

No. 419.—CUSTARD (Boiled, Very Good).

Ingredients—

1 pint milk, the yolks of 6 eggs, 3 oz. sugar, 2 strips lemon peel, 1 dessert-spoonful brandy.

Method—

Put the milk, sugar, and lemon peel into a bain-marie saucepan, and heat them gently to boiling point, then take out the lemon peel, and let the milk cool for 2 or 3 minutes. Beat and strain the yolks of the eggs, add the hot milk to them, return all to the saucepan, and stir the custard over a

slow fire until it thickens; add the brandy, and continue stirring for a few minutes after the custard is taken off the fire. Serve cold.

Time—Altogether, about $\frac{1}{2}$ an hour.

Sufficient for 5 or 6 persons.

No. 420.—CUSTARD PUDDING (Baked).

Ingredients—

$\frac{3}{4}$ pint milk, 3 eggs, 3 oz. lump sugar, 2 strips lemon peel.

Method—

Put the milk, sugar, and lemon peel in a lined saucepan, heat gently until it boils, then take out the lemon peel, and let it cool for 2 or 3 minutes. Beat and strain the eggs, mix the hot milk with them, and pour the custard into a 1-pint pie-dish. Bake in a gentle oven until just set, sift a little sugar on the top of the pudding, and serve.

Time—20 to 30 minutes.

Sufficient for 2 or 3 persons.

No. 421.—CUSTARD PUDDING (Boiled).

Ingredients—

$\frac{3}{4}$ pint milk, 3 eggs, 2 oz. sugar, 1 oz. flour, 1 tea-spoonful brandy.

Method—

Beat and strain the eggs, mix the flour smoothly with them, add the milk a little at a time, and the sugar and brandy. Butter a 1-pint pudding-basin, pour in the mixture, cover the top with a buttered paper, tie a floured cloth over, and boil the pudding gently, or steam it for $\frac{1}{2}$ an hour. Turn out of the basin carefully, and serve. Fruit sauce should be sent to table with it.

Time—30 minutes.

Sufficient for 3 or 4 persons.

No. 422.—CUSTARD SAUCE.

Ingredients—

$\frac{1}{2}$ pint milk, 2 strips of lemon peel, 2 oz. sugar, 2 eggs, 1 dessert-spoonful brandy.

Method—

Put the milk, sugar, and lemon peel in a bain-marie saucepan, and heat the milk to boiling point, take out the lemon peel, and let the milk cool for 2 or 3 minutes. Beat and strain the eggs, stir the hot milk to them, and continue to stir the custard over a gentle fire until it thickens, add the brandy, and serve.

Time—Altogether, about 20 minutes.

Sufficient for about $\frac{3}{4}$ pint sauce.

No. 423.—CUSTARD TARTLETS.

Ingredients—

$\frac{1}{2}$ pint milk, 2 eggs, 1 oz. flour, 1 oz. sugar, 1 oz. butter, 2 oz. crushed ratafias, 1 dessert-spoonful brandy, short crust, No. 403, made with 8 oz. flour, and other ingredients in proportion.

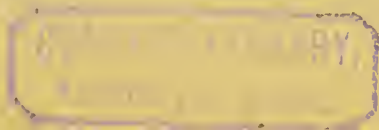
Method—

Put the milk and sugar into a lined saucepan, and heat them to boiling point. Beat and strain the eggs, mix the flour very smoothly with them, and add the hot milk, stirring vigorously; put back the mixture into the saucepan, and stir over a gentle fire until the mixture is very thick and smooth, then add the crushed ratafias, brandy, and butter, and stir the custard until the butter is melted. Line some patty-pans with short crust, put a table-spoonful of the mixture in each, and bake them for about 15 or 20 minutes in a moderate oven.

Time—To make the custard, about 10 minutes.

To bake the tartlets, 15 to 20 minutes.

Sufficient for 12 tartlets.



No. 424.—CUTLETS (To Cut and Trim).

Choose a nice piece of the best end of neck of mutton or lamb, and have the meat cut to include as many bones as you require chops for the dish. Direct the butcher to saw off the chine and chop through the bones, but do not allow him to divide the cutlets. Have a very sharp knife, and cut the neck into small, neat chops, taking care they are all the same size. Lay each cutlet on its side, take off most of the fat, leaving a thin border round the meat, and trim the cutlets into a nice shape. Make a small cut each side through the fat and skin attached to the top of the cutlet, and scrape the bone quite clean for $1\frac{1}{2}$ or 2 inches down, this is to enable a frill to be slipped round the top of the bone, and it gives the cutlet a smarter appearance.

No. 425.—DAMSON CHEESE.*Ingredients—*

6 lbs. damsons, 3 lbs. sugar.

Method—

Cook the damsons by recipe No. 428. Press them through a sieve, extracting the stones and skins. Put the pulp in a preserving-pan, and boil it rapidly until it is becoming very thick, keeping it well stirred, then add the sugar and boil again, stirring constantly until the preserve leaves the sides of the pan, and sticks to the spoon. As soon as it does not stick to the fingers when lightly touched it is done, and should immediately be pressed into small jars, and tied down whilst hot.

*Time—*Altogether, about 4 hours.

No. 426.—DAMSONS (Compôte of).*Ingredients—*

1 lb. damsons, 1 pint water, 4 oz. sugar.

Method—

Boil the sugar and water together for 10 minutes. Pick the stalks from the damsons, wash them, add them to the boiling syrup, and simmer them gently until tender. Take them out carefully, and place them in a silver or glass dish, then boil up the syrup until sufficiently reduced, let it cool, pour it over the damsons, and set them aside to become quite cold.

*Time—*To simmer damsons, 15 to 20 minutes.

To reduce syrup, 7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 427.—DAMSON JAM.*Ingredients—*

12 lbs. damsons, 5 lbs. sugar.

Method—

Remove the stalks from the damsons and put them in a preserving-pan. Heat the fruit slowly and boil it for 40 minutes, picking out the stones as they rise to the surface. Then add the sugar and boil again, stirring well, and removing the scum. Try a little on a plate, and when it sets pour the jam into pots, and tie down whilst hot.

*Time—*Altogether, about 1 hour.

No. 428.—DAMSON JELLY.*Ingredients—*

9 lbs. damsons, 3 lbs. Victoria plums, sugar.

Method—

Remove the stalks from the fruit and reject all unsound fruit. Cut each damson and plum across with a knife, and put them in a large jar; cover this over, stand it in a saucepan of boiling water and boil it for 3 hours. Then strain off the juice and weigh it, put it in a preserving-pan, and boil it quickly for 25 minutes, stirring occasionally, then add $\frac{1}{2}$ lb. sugar

for each pound of juice, and boil again, stirring constantly and removing all scum as it rises to the surface. Try a little on a plate, and as soon as it sets, pour the jelly into pots, and tie down whilst hot.

Time—Altogether, about 3 hours and 40 minutes.

No. 429.—DAMSON PUDDING.

Ingredients—

1½ lbs. damsons, 6 oz. sugar, crust No. 396, or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Wash the damsons and pick off the stalks; well butter a pudding-basin, and line it with the paste, put in the damsons and sugar mixed, and fit in the cover carefully, pinching the edges together. Tie down securely in a floured cloth, and plunge the pudding into plenty of boiling water. When done, turn it out carefully, and send sifted sugar to table with it.

Time—If made with butter crust, 2½ hours.

If suet is used, 3 hours.

Sufficient for 4 or 5 persons.

No. 430.—DAMSONS (Stewed).

Ingredients—

1 lb. damsons, 3 oz. sugar, $\frac{1}{2}$ pint water.

Method—

Boil the sugar and water together for 5 minutes, then put in the damsons and let them simmer gently until thoroughly cooked. Turn them into a pie-dish, and serve hot, or set aside until quite cold, when serve in a glass dish.

Time—To simmer damsons, about 20 minutes.

Sufficient for 3 or 4 persons.

No. 431.—DAMSON SOLID.

Ingredients—

To each pound of damson juice allow 1¼ lb. apples, 14 oz. sugar.

Method—

Extract the juice from the damsons by recipe No. 428, strain and weigh it, and to each pound of juice add the above proportion of apples pared, cored, and sliced. Boil the apples and damson juice together for 30 minutes, stirring constantly, then add the sugar, and boil for another 10 minutes, keeping it well stirred, and removing all scum as it rises. Try a little on a plate, and as soon as it sets pour into pots, and tie down whilst hot.

Time—Altogether, about 3 hours and 40 minutes.

No. 432.—DAMSON TART.

Ingredients—

1½ lbs. damsons, 6 oz. sugar, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Pick the stalks from the damsons; wash them, and pile them with the sugar in a pie-dish, putting a small cup or jar in the centre. Cut a thin strip of paste and put it round the edge of the pie-dish, then roll out the cover, put it on, and ornament the edges neatly. Bake the tart in a moderate oven, and cover the top with a buttered paper if the crust seems inclined to take too much colour. Sprinkle with sifted sugar, and serve with sugar and cream handed round.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 433.—DARIOLES.

Ingredients—

Puff crust No. 400, made with 4 oz. flour, and other ingredients in propor-

tion, $\frac{1}{2}$ pint milk, 3 eggs, 2 oz. flour, 2 oz. butter, $\frac{1}{4}$ pint cream, 10 drops vanilla flavouring.

Method—

Beat and strain the eggs, mix the flour smoothly with them, and stir in the milk, whip the cream to a stiff froth, and stir it into the other ingredients. Melt the butter and add it a little at a time to the mixture, beating it well as each portion is added. Add the vanilla flavouring, and beat the whole for 2 or 3 minutes. Butter some dariole moulds, line them with puff crust, rolled very thin; three-parts fill them with the mixture, and bake in a moderate oven until they are firm throughout. Turn them out carefully, sift sugar over them, and serve.

*Time—*About 30 minutes.

Sufficient for 7 or 8 moulds.

No. 434.—DATE PUDDING.

Ingredients—

1 lb. dates, $\frac{3}{4}$ lb. flour, 4 oz. suet, 4 oz. moist sugar, 2 eggs, 2 table-spoonfuls milk.

Method—

Stone the dates and cut them into very small pieces. Chop the suet very finely, rub it into the flour, add the sugar and dates, and mix well. Beat the eggs, strain them, and add them to the milk. Moisten the pudding with these, beat it thoroughly for a few minutes, turn it into a buttered mould or basin, and tie it down securely in a floured cloth. Plunge the basin into plenty of boiling water. When cooked, turn the pudding out carefully, sprinkle over a little sifted sugar, and serve with wine sauce and sifted sugar handed round.

A table-spoonful of brandy substituted for one of milk much improves the pudding.

*Time—*4 hours.

Sufficient for 6 or 8 persons.

No. 435.—DATE PUDDING (Very Light).

Ingredients—

$\frac{3}{4}$ lb. dates, $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. butter, 4 eggs.

Method—

Stone the dates and cut them into small pieces; put these with the flour and sugar into a basin, and mix well together. Beat the eggs thoroughly, strain them, and add them to the pudding, beating it well. Melt the butter and add it, a small quantity at a time, to the pudding, beating it as each portion is added until thoroughly mixed. Butter a pudding-basin or mould, fill it two-thirds full with the mixture, place a buttered paper over the top, and tie it down securely in a floured cloth. Plunge it into plenty of boiling water, and when cooked turn it out carefully, sprinkle over with sifted sugar, and serve with wine sauce and sifted sugar handed round.

*Time—*2 $\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 436.—DAUPHINES.

Ingredients—

Crust No. 400, or No. 403, made with 8 oz. flour, and other ingredients in proportion, $\frac{1}{4}$ lb. strawberry or apricot jam, the whites of 4 eggs, $\frac{1}{2}$ lb. castor sugar.

Method—

Line some patty-pans with crust $\frac{1}{4}$ of an inch thick, decorate the edges, put a little jam in each, and bake in a moderate oven until crisp, then take them out and let them cool. Whip the whites of the eggs to as stiff a froth as possible, mix in the sugar quickly, and form a pyramid of this on each tart. Put them back into a very cool oven to become firm, but they must not be allowed to take a brown colour. Set them aside in a cool place, and

serve cold. A few drops of cochineal may be added to the white-of-egg mixture to make the dauphines a delicate pink, or this may be done to half, so as to have a mixed dish of white and pink.

Time—To bake tartlets, about 15 minutes.

To leave dauphines in the oven, 20 to 30 minutes.

Sufficient for 12 dauphines.

No. 437.—DEVILLED BISCUITS.

Ingredients—

6 thin captain biscuits, 1 oz. butter, $\frac{1}{4}$ tea-spoonful ground black pepper, $\frac{1}{4}$ tea-spoonful salt, 1 pinch of cayenne.

Method—

Melt the butter in a small frying-pan, lay in the biscuits, and fry them gently for 4 or 5 minutes, turning them once or twice. Mix together the pepper, salt, and cayenne, and dredge the biscuits with this; fry again for a minute or two, then drain them very thoroughly on kitchen paper, put them in the oven for 2 minutes to make them crisp, and serve immediately.

Time—Altogether, about 7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 438.—DEVILLED BONES.

Ingredients—

Bones of cold ribs or sirloin of beef, devil mixture No. 443.

Method—

Cut off almost all the meat from the bones, spread the devil mixture on them with a knife, and grill them over a clear fire until they are nicely browned.

Time—10 to 15 minutes.

No. 439.—DEVILLED BRAINS.

Ingredients—

1 set of calf's brains, 2 or 3 slices of buttered toast, devil mixture No. 443, 1 oz. fine breadcrumbs.

Method—

Soak the brains in cold water for 1 hour; wash them well in hot water, skin them, put them in a saucepan with sufficient hot water to cover them and boil them for 15 minutes, then drain them carefully and set them aside. Make some crisp toast, cut it into strips $1\frac{1}{2}$ inches wide and 3 or 4 inches long, butter these whilst hot, and spread them thinly with devil mixture. On these lay the brains, cut into slices a little smaller than the toast, put a thin layer of devil mixture over, and sprinkle with fine breadcrumbs. Put them in the oven to become thoroughly hot, and serve.

Time—To boil brains, 15 minutes.

To heat in the oven, 10 to 15 minutes.

Sufficient for 6 toasts.

No. 440.—DEVILLED CHICKEN or FOWL.

Ingredients—

The legs of a chicken or fowl, devil mixture No. 443.

Method—

Remove the skin off the legs, and spread the devil mixture on them with a knife. Grill over a clear fire until nicely browned, and serve very hot.

Time—10 to 15 minutes.

Sufficient for 1 or 2 persons.

No. 441.—DEVILLED FISH.

Ingredients—

Remains of cold fish, devil mixture No. 443, $\frac{1}{2}$ oz. butter, 1 table-spoonful fine breadcrumbs.

Method—

Remove all skin and bone from the fish, arrange it neatly in a fire-proof dish, spread a thin layer of devil mixture on it, and sprinkle over the bread-crumbs. Cut the butter into small pieces, and put these on top of the breadcrumbs. Bake it in a moderate oven until lightly browned, and serve.

*Time—*15 to 20 minutes.

Sufficient for 2 or 3 persons.

No. 442.—DEVILLED KIDNEYS.*Ingredients—*

6 kidneys, devil mixture No. 443, buttered toast.

Method—

Split open each kidney and spread some of the devil mixture on it, run a skewer through each to keep it flat, and broil over a very clear fire for 5 minutes on each side. Take out the skewers, put each kidney on a small square of hot, buttered toast, and serve very hot.

*Time—*10 minutes.

Sufficient for 3 or 4 persons.

No. 443.—DEVIL MIXTURE.*Ingredients—*

$\frac{1}{2}$ tea-spoonful ground black pepper, $\frac{1}{2}$ tea-spoonful salt, large pinch cayenne, 1 tea-spoonful made mustard, $\frac{1}{2}$ oz. butter.

Method—

Put all the ingredients in a small basin, mix them thoroughly together with the blade of a knife, and use where directed.

No. 444.—DEVILLED SHRIMPS.*Ingredients—*

$\frac{1}{4}$ pint shrimps, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ tea-spoonful ground black pepper, $\frac{1}{2}$ tea-spoonful salt, a large pinch cayenne, 6 croûtons No. 393.

Method—

Melt the butter in a lined saucepan, put in the shrimps, which must be very freshly shelled, add the pepper, salt, and cayenne, and stir them over a sharp fire for 5 or 6 minutes. Have ready the croûtons very hot, put some of the shrimp mixture on each, and serve immediately.

*Time—*5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 445.—DEVILLED TOASTS.*Ingredients—*

2 or 3 slices buttered toast, devil mixture, No. 443.

Method—

Make 2 or 3 slices of very crisp toast of moderate thickness. Butter while hot, and cut into 6 or 8 fingers, which should all be of the same size. Spread each toast with a thin layer of devil mixture, put them in the oven for 5 or 6 minutes to become thoroughly hot, and serve.

Sufficient for 3 or 4 persons.

No. 446.—DEVILLED OYSTERS.*Ingredients—*

12 oysters, devil mixture No. 443, 6 croûtons No. 393.

Method—

Prepare 6 croûtons and keep them hot. Open the oysters carefully, beard them, and put them in a small lined saucepan with their liquor; heat them gently but do not let them boil or they will be hard. When quite hot add the devil mixture, and stir all together for 4 or 5 minutes until the whole is very hot, then put the croûtons in a very hot dish, lay 2 oysters on each, strain the sauce over them, and serve immediately.

Sufficient for 4 or 5 persons.

No. 447.—DEVONSHIRE JUNKET.

Ingredients—

1 quart milk, $\frac{1}{2}$ square inch rennet, $\frac{1}{4}$ pint hot water, 2 oz. sugar, 1 table-spoonful brandy, $\frac{1}{2}$ pint clotted cream.

Method—

Add the sugar and brandy to the milk, and turn it into curds and whey by recipe No. 411. Put it into the bowl in which it is to be sent to table, and before serving spread clotted cream on the top.

No. 448.—DINNER ROLLS.

Ingredients—

2 lbs. fine flour, 1 oz. German yeast, 2 oz. sugar, 1 pint milk, 1 egg, 2 oz. butter.

Method—

Cream the yeast with the sugar, warm the milk, beat and strain the egg, add it to the milk, and mix these smoothly with the yeast. Rub the butter into the flour, make a hollow in the centre, and mix it with the milk, etc., into a very smooth dough; knead lightly, and set it aside for 1 hour, then knead again and set aside for another hour, then divide into 12 portions; form these into oval rolls, brush each over with milk, and bake in a good oven.

*Time—*15 to 20 minutes.

Sufficient for 18 rolls.

No. 449.—DISHING UP (Remarks on).

Food is so entirely dependent for its perfection on the way it is dished, and sent to table, that too much attention cannot be given to this point.

A good cook spares no trouble, even with the most ordinary materials to make each dish *look* dainty and appetising, but this must be done with expedition in serving hot dishes, or

food excellently prepared will be entirely spoilt. To dish up really well, a cook must be devoid of hurry and confusion; she should think out all the small details of her requirements, and have them ready to hand before she begins. She should not have to leave a dish of cutlets to look for the frills, or to let the fish cool whilst preparing lemon and parsley. It is well to have all the plates and dishes chosen and polished, and sundries ready quite an hour before dinner is to be served, but care should be taken not to dish up *too soon*. No dish is improved by waiting, and a young and anxious cook is apt to forget this in her desire to avoid unpunctuality. If everything is made ready in good time, the actual dishing will only take a few moments, and should be postponed until the dishes will be immediately carried to table.

The size of the dishes should be chosen with a view to neatness. Let those for joints be of sufficient size to allow 3 inches clear margin all the way round to the inside rim; on the other hand Irish stew, haricots, etc., should be dished compactly with the gravy poured evenly over. A stew or curry spread over a large dish looks at once slovenly and ill-cooked, whereas the same material carefully arranged can have quite a dainty appearance.

All entrées, and vegetables served as entremets, should be served in entrée dishes, and these are a great help in producing a dainty effect.

With all hot dishes, hot plates must be sent to table, and the dishes also should be made thoroughly hot, those of china being heated on the plate warmer; silver dishes should be half-filled with boiling water, then emptied and polished quite dry with a clean soft cloth. Every possible care should be taken to let all hot dishes be *really hot* and the cold dishes *perfectly cold*. Creams and jellies, should be set on

ice whenever practicable, and all food should be set aside to cool in as cold a place as possible.

No. 450.—DRESDEN PATTIES.

Ingredients—

2 French rolls, 2 table-spoonfuls milk, 2 oz. butter.

Method—

Cut each roll crosswise in three pieces of equal thickness, and with a plain round cutter stamp them into rounds about 2 inches in diameter; then hollow out the centre of these, leaving about $\frac{1}{4}$ inch of bread all round and at the bottom. Put the rounds in a flat dish, and pour the milk on them, a tea-spoonful at a time. (They must not be made too wet or the cases will break.) When they have soaked up all the milk, drain them, melt the butter in a small frying-pan, and fry them for 3 or 4 minutes on each side until they are a light golden colour, then take them out, drain carefully, and fill them with any good preparation of minced chicken and tongue, or oysters, etc., and serve. These are a nice substitute for puff-paste patties.

*Time—*To fry patty cases, 6 or 8 minutes.

Sufficient for 6 patties.

No. 451.—DRIPPING (To Clarify).

Method—

Cut the dripping into small pieces and put it in a basin; pour on it sufficient boiling water to cover it, and stir well until all the dripping is dissolved. Strain it into a fresh basin, and set it aside to become cold. Remove the dripping from the water and lightly scrape any sediment off the bottom; absorb any water on a clean cloth, and the dripping is ready for use.

No. 452.—DRIPPING (To Clarify, another Method).

Method—

Put the dripping in a saucepan with sufficient hot water to cover it and bring gently to the boil. Simmer it for 2 or 3 minutes, then strain it into a clean basin and set it aside. When cold and firm remove the dripping from the water, and scrape any sediment off the bottom. If drops of water cling to the dripping, absorb them on a clean cloth.

No. 453.—DRIPPING (To use).

All dripping should be *clarified* before it is used, whether for frying or basting, or in the making of cakes or pastry.

For pastry and cakes use only *beef* dripping, and this is always to be preferred for frying and for basting poultry and game. Mutton dripping can of course be used for basting all joints of mutton, and it is well to remember not to use the *beef* dripping for this purpose. Always pour the dripping from the pan into a fresh basin, and set it apart until clarified. For frying, it is best to save the dripping until you have between 2 and 3 lbs, then clarify it altogether, and set it apart in a large basin to be used for *frying* only. If care is taken it can be used several times. Never mix beef and mutton, or used and unused dripping, and always baste if possible with the same kind as the meat.

If the fat from fried bacon is poured off every morning into a basin, in a week there will be sufficient to baste a fowl or pheasant. Meat can of course be basted over and over again with the same dripping clarified each time, but for basting game dripping can only be used once, and should then be thrown away.

No. 454.—DUCK (Hashed).*Ingredients—*

Remains of cold duck, $\frac{3}{4}$ pint stock or water, 1 oz. butter, 1 small onion, 1 tea-spoonful arrowroot, 1 table-spoonful claret, seasoning pepper and salt, juice of $\frac{1}{2}$ lemon, 1 small pinch cayenne.

Method—

Cut all the meat off the duck and divide it into small pieces; chop the onion small, melt the butter in a small stewpan, and fry the onion in it for 5 or 6 minutes. Then add all the bones of the duck, pour in the stock or water, season with pepper and salt, and stew for 1 hour. Strain the liquor into a fresh saucepan, mix the arrowroot smoothly with the claret, stir this into the stock, and simmer it for 2 or 3 minutes until nicely thickened. Put in the pieces of duck and let them heat slowly by the side of the stove for 20 minutes, add the lemon juice and cayenne, and serve very hot.

Time—To make sauce, about 1 hour and 10 minutes.

To heat duck, 20 minutes.

No. 455.—DUCK (Roast).*Ingredients—*

1 duck, stuffing No. 1045, 1 table-spoonful flour, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy.

Method—

Make the stuffing as directed and put it into the body of the duck. Roast it in front of a good clear fire or in a hot oven, basting it constantly with plenty of clarified dripping; 10 minutes before serving dredge the duck lightly with flour, and baste again thoroughly, so that the breast froths and looks plump and brown. Serve quickly on a very hot dish with a little of the brown gravy poured round, and the rest handed in a sauce-boat. Serve green

peas when obtainable with this dish, and apple sauce when liked.

Time—45 minutes to 1 hour, according to size.

Sufficient for 3 or 4 persons.

No. 456.—DUCK (Stewed, and Green Peas).*Ingredients—*

1 duck, 2 oz. butter, 1 rasher of bacon, 1 oz. flour, 1 small onion, $\frac{1}{4}$ peck peas, 1 pint light stock or water, seasoning of pepper and salt.

Method—

Melt the butter in a stewpan just large enough to contain the duck; cut the onion and bacon into small dice and fry them in the butter for 5 or 6 minutes, then dredge in the flour slowly, stirring all the time, and cook for 2 or 3 minutes longer. Pour in the stock or water, and heat it to boiling point; then put in the duck, add a seasoning of pepper and salt, and simmer gently for 15 minutes. Shell the peas, add them to the duck, and stew the whole gently for 45 minutes. Take out the duck, place it on a very hot dish, and remove any trussing string; strain the peas from the sauce and arrange them in small heaps round the duck. Boil up the gravy quickly for 2 or 3 minutes, strain it over the duck, and serve.

Time—To stew duck, 1 hour.

Sufficient for 3 or 4 persons.

No. 457.—DUCK (Stewed, with Turnips).*Ingredients—*

1 duck, 6 young turnips, 1 pint light stock or water, 1 small onion, 1 oz. butter, 1 oz. flour.

Method—

Chop the onion small, melt the butter in a stewpan just large enough to take the duck, and fry the onions

for 3 or 4 minutes, dredge in the flour slowly, stirring all the time, and cook it for 2 or 3 minutes. Pour in the stock or water and heat it to boiling point, then put in the duck and simmer it gently for 30 minutes. Peel the turnips, cut them in quarters, put them in with the duck, and stew the whole for another 30 minutes. Place the duck on a very hot dish, arrange the turnips round, boil up the sauce for 2 or 3 minutes, strain it over the duck, and serve.

Time—To stew duck, 1 hour.

Sufficient for 3 or 4 persons.

No. 458.—DUCK (Stewed, with Olives).

Ingredients—

1 duck, 2 oz. butter, $\frac{1}{2}$ oz. flour, 1 small onion, 12 olives, 1 pint light stock or water, seasoning of pepper and salt.

Method—

Soak the olives for 3 or 4 hours in cold water, then remove their stones, and cut each olive into 3 or 4 pieces, put these in a small saucepan with sufficient water to cover them, and boil for 15 minutes. Melt the butter in a stewpan just large enough to contain the duck; cut the onion into small dice and fry it in the butter for 5 or 6 minutes, then dredge in the flour slowly, stirring all the time, and cook for 2 or 3 minutes longer. Pour in the stock or water, and heat it to boiling point; put in the duck, add a seasoning of pepper and salt, and simmer all gently for 30 minutes, then drain the olives, add them to the duck, and stew gently for another 30 minutes. Place the duck on a very hot dish, remove skewer and trussing string, boil up the sauce quickly for 2 or 3 minutes, pour it over the duck, and serve immediately.

Time—To stew duck, 1 hour.

Sufficient for 3 or 4 persons.

No. 459.—DUCKLINGS (Roast).

Ingredients—

2 ducklings, stuffing, No. 1045, 1 table-spoonful flour, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint apple sauce.

Method—

Make the stuffing as directed, and put it into the back of the ducklings. Roast them carefully in front of a clear fire or in a good oven, basting continually with plenty of clarified dripping; 10 minutes before serving dredge them with the flour, and baste again, making the breast froth and look plump. Serve them on a very hot dish, pour a little gravy round, and send gravy and apple sauce to table. Green peas should always accompany this dish.

Time—25 to 35 minutes, according to size.

Sufficient for 5 or 6 persons.

No. 460.—DUCK, WILD (Hashed).

Ingredients—

Remains of wild duck, $\frac{3}{4}$ pint light stock or water, 1 oz. butter, 1 small onion, 1 tea-spoonful arrowroot, 1 wine-glass port, seasoning pepper and salt, juice of $\frac{1}{2}$ lemon, 1 small pinch cayenne.

Method—

Cut all the meat off the ducks and divide it into small pieces. Chop the onion small, melt the butter in a small stewpan, and fry the onion in it for 5 or 6 minutes, then add all the bones of the duck, season with pepper and salt, pour in the stock or water, and stew for an hour. Strain off the liquor into a fresh saucepan, mix the arrowroot smoothly with the port, stir this into the stock and simmer it for 2 or 3 minutes until nicely thickened. Put in the pieces of duck, and let them heat slowly by the side of the fire for 20 minutes,

add the lemon juice and cayenne; serve very hot, and send cut lemon to table with it.

Time—To make sauce, 1 hour and 10 minutes.

To heat duck, 20 minutes.

Sufficient for 4 or 5 persons.

No 461.—DUCK, WILD (Roast).

Ingredients—

2 wild duck, 1 table-spoonful flour, clarified dripping for basting, $\frac{1}{4}$ pint brown gravy, No. 612, $\frac{1}{2}$ pint orange gravy, No. 615.

Method—

Roast the birds before a clear fire or in a good oven. Let them remain the first 5 minutes without basting, then baste them continually until done; 5 minutes before serving dredge them lightly with the flour, then baste again, and let the breast be nicely frothed and look plump. Serve quickly on a very hot dish with gravy poured round, and send orange gravy to table in a sauce-boat, and cut lemons on a small glass dish. These birds are usually served very underdone, and only the breast is cut.

Time—About 25 minutes.

Sufficient for 4 or 5 persons.

No. 462.—DUCK, WILD (Ragoût of).

Ingredients—

The remains of wild duck after the breasts have been eaten, 1 pint stock, 1 oz. butter, 1 small onion, 1 tea-spoonful arrowroot, 1 wine-glass port, seasoning pepper and salt, juice of $\frac{1}{2}$ lemon, the rind of $\frac{1}{2}$ small orange, small pinch cayenne.

Method—

The remains of roast wild duck can be advantageously used for this dish. Cut them into neat joints. Melt the butter in a small stewpan, and fry the

onion (chopped) in it for 5 or 6 minutes, then add the carcass of the duck and the rind of half a Seville orange peeled very thinly. Pour in the stock, season with pepper and salt, and stew for an hour. Then strain the liquor into a fresh saucepan, mix the arrowroot smoothly with the port, stir this into the sauce, and simmer it gently for 2 or 3 minutes until nicely thickened. Put in the pieces of duck, and let them heat slowly by the side of the stove for 30 minutes, then add the lemon juice and cayenne, and serve very hot.

Time—To make sauce, about 1 hour and 10 minutes.

To heat duck, 30 minutes.

Sufficient for 4 or 5 persons.

No. 463.—DUMPLINGS, NORFOLK.

Ingredients—

1 lb. flour, $\frac{1}{2}$ oz. German yeast, $\frac{1}{2}$ pint milk, 1 tea-spoonful sugar, a pinch of salt.

Method—

Make the milk warm, cream the yeast with the sugar, and mix the milk very smoothly with them. Mix the salt with the flour, hollow out the centre, pour in the warm milk, etc., and knead it up into a light dough; knead lightly, and leave it to rise for an hour, knead again, leave for another hour, then divide it into 5 or 6 dumplings. Have ready a saucepan of fast-boiling water, drop in the dumplings and boil for 30 minutes, then dish them, and serve immediately.

These are often served with boiled beef.

Time—30 minutes.

Sufficient for 6 dumplings.

No. 464.—DUMPLINGS (Plain).

Ingredients—

1 lb. flour, pinch of salt, $\frac{1}{2}$ pint milk.

Method—

Mix the salt and flour together, and make them into a smooth paste with the milk, divide it into 6 portions, knead these lightly into dumplings, and boil them in plenty of fast-boiling water.

*Time—*30 minutes.

Sufficient for 6 dumplings.

No. 465.—DUMPLINGS, SUET.*Ingredients—*

1 lb. flour, $\frac{1}{2}$ tea-spoonful salt, 4 oz. suet, $\frac{1}{2}$ pint milk.

Method—

Mix the flour and salt together; chop the suet finely, and rub it into them. Mix into a smooth paste with the milk, divide it into 6 pieces, make each into a dumpling, tie them in a floured cloth, and boil in fast-boiling water.

*Time—*45 minutes.

Sufficient for 6 dumplings.

No. 466.—DUTCH FLUMMERY.*Ingredients—*

The juice of 4 lemons, rind of 1 lemon, 6 oz. sugar, 1 oz. isinglass, $\frac{3}{4}$ pint water, $\frac{3}{4}$ pint sherry, the yolks of 5 eggs, 1 table-spoonful brandy.

Method—

Put the lemon juice and rind, sugar, isinglass, and water into a lined saucepan, and heat them until the isinglass is dissolved, then take out the lemon rind and add the sherry. Beat and strain the yolks of the eggs, pour the hot mixture to them, stirring all the time, and strain all back into the saucepan. Stir it over the fire until it thickens like custard, then put in the brandy, stir for 2 or 3 minutes, pour it into a well-wetted mould and set it aside in a cold place to become firm. It should be made some hours before it is required.

Sufficient for 1-quart mould.

No. 467.—ÉCLAIRS.*Ingredients—*

3 eggs, 3 oz. butter, 3 oz. flour, 1 oz. sugar, $\frac{1}{4}$ pint water, chocolate icing, No. 340, $\frac{1}{4}$ pint cream.

Method—

Beat and strain the eggs. Put the sugar, butter, and water into a small lined saucepan and heat them until the butter is melted, then sift in the flour, stirring well as it is added, and cook again for 5 or 6 minutes, stirring very thoroughly all the time, until the mixture forms rather a stiff paste and leaves the sides of the saucepan, and adheres to the spoon. Great care must be exercised at this point or the paste will burn to the bottom of the saucepan and be useless. When the paste is sufficiently done, take it off the fire and mix the strained eggs with it; it should then be a lithe paste but not so soft as to spread. Divide it into pieces 1 inch wide, 4 inches long, and $3\frac{1}{2}$ inches thick, lay them on a baking-tin and bake them in rather a quick oven until they are of a pale golden colour and have risen very much, then spread a thin coating of chocolate icing on each, and put back in a very cool oven for a few minutes until the icing is set. Whip the cream to a very stiff froth, open each éclair at the side, put in a spoonful of whipped cream and close again. Serve cold.

*Time—*To cook the paste, about 10 minutes.

To bake the éclairs, 15 to 20 minutes.

Sufficient for 8 or 9 éclairs.

No. 468.—EEL BROTH.*Ingredients—*

$\frac{1}{2}$ lb. eels, 1 sprig parsley, $\frac{1}{2}$ tea-spoonful salt, 6 peppercorns, 1 small onion, 1 quart water.

Method—

Clean and skin the eel, and cut it into small pieces; put them into a stewpan

with the onion chopped small, add the parsley, seasoning and water, and boil gently for 2 hours, then strain through a fine sieve and set it aside to cool. When wanted for use skim off every particle of fat and heat to boiling point.

Time—2 hours.

Sufficient for 3 or 4 persons.

No. 469.—EELS (Boiled).

Ingredients—

2 lbs. eels, 1 lemon, 2 or 3 sprigs parsley, 6 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 quart water.

Method—

Peel the lemon thinly, scrape away all the white pith, and cut the lemon into slices; remove the pips and put the sliced lemon and the rind into a small stewpan with the salt, peppercorns, and parsley. Add the water, bring all to the boil, and boil for 20 minutes, then strain and set aside to cool. Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and cut them into 4-inch lengths. Put them in the stewpan, cover with the cold liquid, bring slowly to boiling point, and boil for 15 to 20 minutes, then drain carefully. Arrange on a hot dish, garnished with cut lemon and fresh parsley, and send parsley and butter to table with them.

Time—To boil eels, 15 to 20 minutes.

Sufficient for 5 or 6 persons.

No. 470.—EELS (Boiled, another Recipe).

Ingredients—

2 lbs. eels, 1 dessert-spoonful minced parsley, seasoning of pepper, salt and cayenne, 1 table-spoonful flour, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint thick cream, water.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and cut them into

4-inch lengths. Put them in a stewpan, pour in sufficient cold water to cover them, bring to the boil, and stew them gently for 20 minutes; then strain off $\frac{3}{4}$ pint of the liquor they were cooked in into a fresh saucepan, mix the flour smoothly with the cream and stir it into this liquor; add the parsley, pepper, and salt, and simmer all gently over the fire until the sauce is nicely thickened, then add a small pinch of cayenne and the butter, and stir until this is melted. Drain the eels, arrange them on a very hot dish, pour the sauce over them, and serve immediately.

Time—To boil eels, 20 minutes.

To simmer sauce, 8 to 10 minutes.

Sufficient for 5 or 6 persons.

No. 471.—EELS (Fried).

Ingredients—

1 $\frac{1}{2}$ lbs. eels, 2 oz. flour, $\frac{1}{2}$ tea-spoonful pepper, 1 tea-spoonful salt, lard or refined suet for frying.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and cut them into 4-inch lengths. Dry them in a soft and very clean cloth; mix together the flour, pepper, and salt, roll the pieces of eel in the mixture, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet; plunge the basket into this, and fry the eels a golden-brown. Turn them on to kitchen paper to drain, and serve on a hot fish-napkin, garnished with fried parsley.

Time—About 15 minutes.

Sufficient for 4 or 5 persons.

No. 472.—EELS (Fried, another Recipe).

Ingredients—

1 $\frac{1}{2}$ lbs. eels, 1 table-spoonful minced parsley, $\frac{1}{2}$ tea-spoonful pepper and salt, bread-crumbs, 1 egg, lard or refined suet for frying.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, cut them into 4-inch lengths, and dry them on a very clean cloth. Mix together the parsley, bread-crumbs, pepper, and salt, bone the pieces, cover them with egg, then roll them in the mixture, and arrange in a frying-basket. Plunge the basket into a saucepan of boiling lard or refined suet, and fry a golden-brown.

Time—About 15 minutes.

Sufficient for 4 or 5 persons.

No. 473.—EELS (Fried in Batter).*Ingredients—*

1½ lbs. eels, frying batter, No. 123, lard or refined suet for frying.

Method—

Chop off the heads of the eels, with a *very sharp* chopper or knife, skin and empty them, cut them into 3-inch lengths, and dry them in a very clean cloth; dip each piece into frying batter, arrange them in a frying-basket, and plunge this into a saucepan of boiling lard or refined suet. Fry the eels a golden-brown, turn them on to kitchen paper to drain, and serve on a very hot dish garnished with fried parsley.

Time—About 15 minutes.

Sufficient for 4 or 5 persons.

No. 474.—EEL PIE.*Ingredients—*

2 lbs. eels, 1 onion, 2 or 3 sprigs parsley, seasoning of pepper and salt, juice of ½ lemon, ¼ pint claret, 1 pint water, 2 hard-boiled eggs. Crust No. 400, made with ¾ lb. flour, and other ingredients in proportion.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and cut them into 2-inch lengths. Cut ¼ lb. of these into

very small pieces, put these into a saucepan with the parsley, onion, pepper, salt, and water, and stew gently until reduced to ½ a pint. Then strain into a fresh saucepan, add the claret and lemon juice, put in the eels and let them simmer for 5 minutes. Take out the pieces of eel, and arrange them in a pie-dish, putting the slices of hard-boiled egg between the layers and around the dish; strain the liquor over them. Roll out the paste, cut a thin strip which lay round the edge of the dish, put on the cover, brush over with egg, and bake in a moderate oven, covering the top with a buttered paper if it seems inclined to take too much colour.

Time—To stew chopped eel for liquor, about 1 hour.

To simmer eels, 5 minutes.

To bake pie, 1½ hours.

Sufficient for 4 or 5 persons.

No. 475.—EELS (Spatch-cocked).*Ingredients—*

2 lbs. eels, 1 table-spoonful chopped parsley, ½ tea-spoonful mixed sweet herbs, pepper and salt, ½ a lemon, 1 oz. butter, 1 egg, bread-crumbs, lard or refined suet for frying.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and divide them into 3-inch lengths; bone these, and sprinkle the inside of each with the parsley, herbs, pepper, and salt mixed. Put in a tiny piece of butter, and a squeeze of lemon juice, close them, cover each piece with egg and bread-crumbs, and arrange in a frying-basket. Plunge this into a saucepan of boiling fat, and fry a golden-brown. Turn on to kitchen paper to drain, and serve on a hot fish-napkin, garnished with fried parsley and cut lemon.

Time—About 15 minutes.

Sufficient for 4 or 5 persons.

No. 476.—EELS (Stewed).

Ingredients—

1½ lbs. eels, 1 oz. butter, 1 dessert-spoonful flour, 1 pint stock, ¼ pint claret, seasoning of salt and cayenne, juice of ½ a lemon.

Method—

Chop off the heads of the eels with a *very sharp* chopper or knife, skin and empty them, and cut them into 4-inch lengths. Melt the butter in a small stewpan, put in the eels, and fry them for 5 minutes, dredge in the flour, and stir until smooth; pour in the stock and wine, and stew gently for an hour. Add the lemon juice, salt, and a very little cayenne, stir well, and serve on a very hot dish.

Time—Altogether, 1 hour and 5 minutes.

Sufficient for 3 or 4 persons.

No. 477.—EELS (à la Tartare).

Ingredients—

1½ lbs eels, 1 lemon, 2 or 3 sprigs parsley, 6 peppercorns, ½ tea-spoonful salt, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Prepare and boil the eels by recipe No. 469. Set them aside in the liquor in which they were boiled to become cold. Then take them out, drain them, egg and breadcrumb them, and fry them a light golden-brown. Turn them on to kitchen paper to drain, and serve on a hot dish garnished with fresh parsley.

Send *sauce à la Tartare*, No. 1076, to table separately in a boat.

Time—To boil eels, 15 minutes.

To fry, 7 or 8 minutes.

Sufficient for 4 or 5 persons.

No. 478.—EGGS (To Choose).

Hold the egg to the light, or in front of a lighted gas or candle, and if the

egg looks clear it is good, if thick it is stale, and if a black spot is visible it is worthless. Cooks should be exceedingly careful as to the quality of the eggs they employ, as an even slightly tainted egg will entirely spoil an otherwise perfect dish. Eggs served by themselves should if possible be new laid, and very fresh eggs should be chosen for delicate sweets.

No 479.—EGGS (To use Economically).

However fresh the eggs may be, always break each one separately into a small basin or cup before adding it to others, or to any mixture. If it looks at all doubtful throw it away and wash the cup before breaking another egg into it.

To break an egg, hit it smartly in the middle against the edge of a basin or cup; if you wish to separate the yolks and whites, catch the yolk in half the shell and pour it into the other half over a basin until only the yolk is left. You must do this quickly and carefully or the whites will be specked with yolk.

Many sweets require only the whites of eggs, and it is well to remember in connection with this that custard is always richer made with yolks only; 4 yolks can be used instead of 3 whole eggs, and in this way two sweets can be made to fit into each other. For instance, meringues can be made with the whites left from a rich custard, and a vanilla or any other cream would use the yolks left from a lemon sponge. The cold eggs left from breakfast can be put into boiling water, boiled for 10 minutes, and used for salads or garnishing a chicken in béchamel or a similar dish.

No. 480.—EGG and BREADCRUMB, to.

In all cases where egg and bread-crumbs are directed to be used, the appearance of the dish much depends on the neatness of the cook.

The egg should be well beaten and strained into a small basin. This will be found much more convenient than a flat plate. Anything too large to be *dipped* into the basin should be *brushed over* with egg. Have a very clean pastry-brush and set it aside for this purpose. Each time after using wash it thoroughly in very hot water and let it dry before putting it away. Paint the cutlet, or whatever it may be, rather lavishly with egg, and sprinkle the breadcrumbs all over it so that the egg is entirely covered. Breadcrumbs should be made of rather stale bread; they should be sifted and spread out on a plate to dry before they are put away or they will mould. It is very much more economical to have some breadcrumbs always in readiness, as a great deal more of new bread must be used, and then it is often unsatisfactory. Pieces of bread and crusts cut off toast should be dried in the oven, then crushed with the rolling-pin, or in the mortar, and carefully sifted. Keep the breadcrumbs in a tin, and only turn out the quantity you think you will require to use. If you have any left over sift them before mixing them with those in the tin.

Keep breadcrumbs made from the crumb of bread in a separate tin from those made of dried crusts, etc.

No. 481.—EGG BALLS.

Ingredients—

5 eggs, $\frac{1}{2}$ tea-spoonful flour, seasoning pepper and salt.

Method—

Boil 4 of the eggs for 10 minutes; put them in cold water for 15 minutes, then take them out, shell them, and take out the yolks. Put these into a small basin, and rub them smooth with a wooden spoon. Beat and strain the yolk of the raw egg, add it with the flour, pepper, and salt to the other yolks, and mix all very smoothly to-

gether; make this into small balls, the size of a hard-boiled yolk, flour these and boil them for 5 minutes before serving.

Sufficient for 4 or 5 persons.

No. 482.—EGGS (To Boil).

Breakfast eggs should be new laid. Have ready a saucepan half full of boiling water, put in the eggs with a table-spoon, and boil them for $3\frac{1}{2}$ minutes, unless liked very lightly cooked, when 3 minutes will be sufficient. Take them out carefully, put them in the egg-cups, small end uppermost, and lightly tap the tops to keep them from becoming hard. Eggs for salad should be boiled for 10 minutes and then put into cold water for 15 minutes. They should not be shelled until they are immediately required for use.

No. 483.—EGGS (Buttered).

Ingredients—

4 eggs, 2 table-spoonfuls milk, 2 oz. butter, seasoning pepper and salt, 6 small slices buttered toast.

Method—

Beat and strain the eggs, and mix the milk with them. Melt the butter in a small saucepan, pour the egg and milk gradually to it, stirring all the time, and continue to stir until the mixture is just beginning to set; season with pepper and salt, put a spoonful on each piece of toast, and serve immediately.

Time—4 or 5 minutes.

Sufficient for 3 or 4 persons.

No. 484.—EGGS (en Caissets).

Ingredients—

4 eggs, 1 chopped mushroom, 1 dessert-spoonful chopped parsley, 1 tea-spoonful minced onion, seasoning pepper and salt, 1 table-spoonful breadcrumbs.

Method—

Butter 4 small ramakin cases. Mix together the mushroom, parsley, and onion, put a layer into each case, break an egg on to this, sprinkle with pepper and salt, and cover the top with bread-crumbs. Bake in a moderate oven, or steam them until firm.

Time—To bake, 10 minutes.

To steam, 12 minutes.

Sufficient for 3 or 4 persons.

No. 485.—EGGS (en Cocotte).

Ingredients—

4 eggs, 1 table-spoonful thick cream, seasoning pepper and salt.

Method—

Butter 4 ramakin cases, break a new-laid egg into each, pour on it a tea-spoonful of cream, and sprinkle the top with pepper and salt. Put the cases in a shallow pan of boiling water, and simmer carefully until the eggs are just set. Serve in their cases, which dry on a soft cloth, and place on a very white d'oyley, in an entrée dish.

Time—10 to 12 minutes.

Sufficient for 3 or 4 persons.

No. 486.—EGGS (à la Crème).

Ingredients—

6 eggs, $\frac{1}{2}$ pint cream sauce No. 388.

Method—

Boil the eggs for 10 minutes, and as soon as they are cool enough to handle shell them carefully and cut them in half, lengthwise. Have ready $\frac{1}{2}$ pint of cream sauce, put the eggs in a hot entrée dish, pour the boiling sauce very gently over them, and serve immediately.

Time—To boil eggs, 10 minutes.

To make sauce, 10 minutes.

Sufficient for 4 or 5 persons.

No. 487.—EGGS (Curried).

Ingredients—

6 eggs, $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, 1 dessert-spoonful curry powder, $\frac{1}{2}$ small onion, $\frac{1}{2}$ small apple.

Method—

Boil the eggs for 15 minutes, then put them in cold water for 15 minutes, shell them, and cut them into small, neat pieces. Heat the milk, put in the onion and apple chopped small, and let them simmer for a few minutes. Mix the flour and curry powder together, rub them into the butter, and stir this into the milk until it is thick and smooth, then put in the chopped egg, and let it become very hot. Serve on a hot dish with a border of rice boiled by recipe No. 1025.

A few drops of browning may be added to the curry to make it a rich brown colour.

Time—To boil eggs, 15 minutes.

To heat eggs in the curry, 10 minutes.

Sufficient for 4 or 5 persons.

No. 488.—EGGS, DUCKS' (To use).

Ducks' eggs are less delicate than hens' eggs, and are therefore not suitable for use plain boiled, but they may very well be used for custards or puddings, and will impart great richness to the composition. Use 1 duck's egg in place of 2 hens' eggs, and should that decrease the amount of liquid required, add a spoonful of milk.

No. 489.—EGG FLIP.

Ingredients—

1 egg, 1 table-spoonful brandy, a little nutmeg.

Method—

Beat the egg thoroughly and strain it into a wine-glass, add the brandy, stir well, and grate a little nutmeg on the top.

No. 490.—EGG FLIP (Excellent for Invalids).

Ingredients—

The white of a new-laid egg, 1 tea-spoonful cold water, 1 table-spoonful brandy or whiskey, a very little pepper.

Method—

Beat the white of egg to a stiff froth, put a tea-spoonful cold water into a glass, add the froth to this, sprinkle with pepper, pour in the brandy or whiskey, and pour the flip backwards and forwards into another glass two or three times. It should then be drunk immediately.

No. 491.—EGGS (Fried).

Ingredients—

4 eggs, 2 oz. butter or clarified dripping.

Method—

Melt the fat in a delicately clean frying-pan, and let it come to boiling point. Break each egg separately into a cup, and slip it into the boiling fat. Fry them until the whites are set; take them up with a slice, drain them, and serve on slices of buttered toast. If they are to be served with bacon, cook the bacon first, then fry the eggs in the fat, and put each egg on a slice of fried bacon.

*Time—*About 3 minutes.

Sufficient for 2 or 3 persons.

No. 492.—EGGS (Forced).

Ingredients—

4 eggs, $\frac{1}{2}$ oz. potted ham, $\frac{1}{2}$ oz. butter, small pinch cayenne, 8 croûtons, No. 393.

Method—

Boil the eggs hard and set them aside to become quite cold, then shell the eggs and cut a little piece off each

end so that they will stand. Cut them in half and remove the yolks, which pound together with the ham, butter, and cayenne to a smooth paste. Carefully re-fill each half egg with the mixture, stand it on a small croûton, and serve cold, garnished with fresh parsley.

*Time—*To boil eggs, 10 minutes.

Sufficient for 3 or 4 persons.

No. 493.—EGGS (Meyerbeer).

Ingredients—

2 eggs au plat, No. 496, 1 mutton kidney, $\frac{1}{4}$ pint kidney sauce, No. 1071, 1 tea-spoonful finely-chopped truffle.

Method—

Cook the eggs as directed, cut the kidney in half, and broil it. Make hot the kidney sauce, and stir into it the chopped truffle. Arrange the kidney between the 2 yolks of the eggs, pour round the gravy, and serve immediately in the fire-proof dish, placed on a very white serviette in another dish.

*Time—*To cook eggs, 5 or 6 minutes.

To broil kidney, 7 or 8 minutes.

Sufficient for 1 person.

No. 494.—EGGS (au Miroir).

Ingredients—

4 eggs, $1\frac{1}{2}$ ozs. butter, pepper, and salt.

Method—

Melt the butter, put half of it in a fire-proof dish, then break the eggs separately into a cup, and slide them into the dish; sprinkle a little pepper and salt, and the rest of the butter in half-tea-spoonfuls over the eggs, and bake until the whites are just set. Put the dish on a very white serviette in another dish, and serve.

*Time—*5 or 6 minutes in a gentle oven.

Sufficient for 2 or 3 persons.

No. 495.—EGGS (à la Monaco).

Ingredients—

$\frac{1}{2}$ lb. tomatoes, $\frac{1}{4}$ pint cream, seasoning pepper and salt, $\frac{1}{2}$ oz. butter, 4 new-laid eggs.

Method—

Take off the stalks of the tomatoes, slice them, and put them with the cream into a small lined saucepan; stew them gently until quite tender, then add the pepper and salt, and rub the whole through a fine sieve into a well-buttered fire-proof dish. Break each egg into a cup taking care not to damage the yolk; slip them on to the tomatoes; dot the butter in small pieces on the top, and bake in a moderate oven until the whites of the eggs are nicely set.

Serve in the fire-proof dish placed on a serviette in another dish.

Time—To stew tomatoes, 15 to 20 minutes.

To bake eggs, 5 or 6 minutes.

No. 496.—EGGS (au Plat).

Ingredients—

4 eggs, 1 oz. butter, pepper, and salt.

Method—

Melt the butter in a fire-proof dish, then break the eggs separately in a cup, slide them on to the butter, sprinkle a little pepper and salt over, put the dish on the hot plate, or in a gentle oven, and let the eggs cook until the whites are just set. Put the dish on a very white serviette in another dish, and serve.

Time—5 or 6 minutes.

Sufficient for 2 or 3 persons.

No. 497.—EGGS, PLOVERS' (To Serve).

Put the eggs in boiling water and let them simmer gently for 7 minutes. Let them cool, arrange them neatly on a small dish, garnish with very fresh parsley, and serve. Plovers' eggs are

usually served cold, and are often arranged in little artificial moss baskets made for that purpose.

Time—7 minutes.

No. 498.—EGGS (Poached).

Ingredients—

4 eggs, $\frac{1}{2}$ pint water, 1 tea-spoonful vinegar.

Method—

Pour the water into a deep frying-pan and bring it to the boil, then add the vinegar. Break each egg separately into a cup, taking great care not to damage the yolk. Slip the egg into the water, and turn the cup over it for $\frac{1}{2}$ a minute to keep the whole from spreading. Place the pan over a gentle fire, and keep the water simmering until the white is nicely set. Then take it up carefully with a slice, trim the edges if they are at all ragged, and if to be served alone, place each egg on a small slice of crisp toast.

Time—About 3 minutes.

No. 499.—EGG SAUCE.

Ingredients—

4 eggs, seasoning pepper, $\frac{1}{2}$ pint béchamel sauce, or melted butter No. 227.

Method—

Boil 4 very fresh eggs for 15 minutes, and lay them aside until quite cold. Then shell the eggs, and chop the 4 yolks and 2 of the whites. Make $\frac{1}{2}$ pint of white sauce, add the chopped eggs and a little pepper; stir gently until well mixed, and serve very hot.

Sufficient for 5 or 6 persons.

No. 500.—EGGS, SCOTCH.

Ingredients—

6 eggs, forcemeat No. 542, 1 egg, bread-crumbs, lard or refined suet for frying, $\frac{1}{2}$ pint brown gravy.

Method—

Boil the eggs hard, let them cool, and shell them. Cover each with a thin layer of forcemeat, then egg and breadcrumb them, and arrange them in a frying-basket. Plunge this into a saucepan of boiling lard or refined suet, and fry the eggs a golden-brown; turn them on to kitchen paper, drain well, and serve in a hot dish, with the brown gravy heated to boiling point poured round (not over) them.

*Time—*To boil eggs, 15 minutes.

To fry, 5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 501.—EGGS (Scrambled).*Ingredients—*

6 eggs, 2 oz. butter, 4 or 5 small slices of buttered toast, seasoning pepper and salt.

Method—

Procure very fresh eggs, beat them well and strain them, and add a seasoning of pepper and salt. Melt the butter in a lined saucepan, pour in the eggs, and stir over a gentle fire until they are hot; take them off and continue stirring until they are just set. Have ready some neat pieces of hot buttered toast, put a spoonful of egg on each, and serve immediately.

*Time—*About 3 minutes.

Sufficient for 3 or 4 persons.

No. 502.—EGG SNOW.*Ingredients—*

4 eggs, $\frac{3}{4}$ pint milk, 1 oz. sugar, 2 strips lemon rind.

Method—

Put the milk, sugar, and lemon rind into a lined saucepan, and heat them very slowly to boiling point, then take out the lemon rind. Break the eggs, carefully separating the yolks from the whites, whisk the latter to as stiff a froth

as possible, drop some of this, a spoonful at a time, into the boiling milk, and poach it for 2 or 3 minutes; lift out when done, place in a glass dish, and repeat the process until all the froth is used. Then beat the yolks of the eggs, let the milk cool a little, stir it to them, strain the mixture back into a bain-Marie saucepan and stir it over a gentle fire until nicely thickened. Let it cool, pour the custard over the poached whites of the eggs, which will rise to the surface, spread them, if necessary, so that they completely cover the top of the custard, and set aside until quite cold.

This is a nice dish to serve with stewed fruit.

*Time—*To poach whites, 2 or 3 minutes.

To stir custard, about 10 minutes.

Sufficient for 4 or 5 persons.

No. 503.—EGGS (à la Soubise).*Ingredients—*

6 eggs, $\frac{1}{2}$ pint soubise sauce No. 865.

Method—

Make $\frac{1}{2}$ pint soubise sauce, boil the eggs for 15 minutes, let them cool a little, shell them, divide them in half, lengthwise, heat them slowly in the sauce, and serve.

*Time—*To boil eggs, 15 minutes.

To heat eggs in sauce, about 10 minutes.

Sufficient for 4 or 5 persons.

No. 504.—EGGS (With Mushrooms).*Ingredients—*

$\frac{1}{4}$ lb. mushrooms, $\frac{1}{4}$ lb. butter, 4 eggs, 6 small slices toast.

Method—

Chop the mushrooms. Put 2 oz. of butter in a small saucepan, make it very hot, put in the mushrooms, and cook them gently until tender. Scramble the eggs with the rest of the butter, take the saucepan off the fire, stir the mushrooms into the eggs, mix thoroughly,

put some on each slice of toast, and serve immediately.

Time—To cook mushrooms, 6 or 7 minutes.

To scramble eggs, 3 minutes.

Sufficient for 3 or 4 persons.

No. 505.—EGGS (With Green Peas).

Ingredients—

$\frac{1}{4}$ peck peas, 6 eggs, 1 dessert-spoonful flour, $\frac{1}{4}$ pint milk, 1 oz. butter, seasoning pepper and salt.

Method—

Shell the peas and boil them until quite tender. Mix the flour and milk smoothly together and stir them over the fire until they are nicely thickened, then add the butter, pepper, and salt, and stir until the butter is melted, add the peas, and mix well together. Poach the eggs by recipe No. 498. Dish the peas in the sauce on a very hot entrée dish, and arrange the eggs neatly on them, and serve.

Time—To boil peas, 20 minutes.

To cook sauce, 8 or 10 minutes.

To poach eggs, 3 minutes.

Sufficient for 3 or 4 persons.

No. 506.—EGGS (With Tomatoes).

Ingredients—

4 eggs, 3 oz. butter, $\frac{1}{2}$ lb. tomatoes, 1 table-spoonful milk, 6 pieces buttered toast, seasoning pepper and salt.

Method—

Slice the tomatoes and put them in a lined saucepan with 1 oz. of the butter and the milk; stew them gently until tender, then rub them through a sieve, and if they are not sufficiently thick return them to the saucepan and boil them quickly, stirring all the time, for 2 or 3 minutes. Make some crisp toast, butter it, and spread a layer of tomatoes on each slice, scramble the eggs with

the rest of the butter by recipe No. 501, season with pepper and salt, put a spoonful on each toast, and serve immediately.

Time—To stew tomatoes, about 15 minutes.

Sufficient for 3 or 4 persons.

No. 507.—EGGS (With Truffles).

Ingredients—

4 eggs, 2 moderate sized black truffles, 1 tea-spoonful flour, $\frac{1}{4}$ pint thick cream, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ tea-spoonful salt, pinch cayenne, 6 small slices buttered toast.

Method—

Boil the eggs for 15 minutes, and set them aside to cool.

Mix the flour smoothly with the cream, put them in a small lined saucepan with the salt and cayenne, and simmer for 3 or 4 minutes, stirring all the time, until the sauce is nicely thickened. Take it off the fire, add the butter, and stir until it is melted. Chop the truffles into dice, and cut up the eggs into small pieces, mix together, and stir into the sauce. Put a spoonful on each piece of toast, and serve very hot.

Time—4 or 5 minutes.

Sufficient for 3 persons.

No. 508.—ENDIVE (To Prepare for Salad).

Pull off a few of the outside leaves, and soak the endives, head downward, in plenty of water in which a table-spoonful of salt has been dissolved; examine them carefully so that no insects could possibly be overlooked, and leave them an hour, then drain and dry carefully in a cloth. Cut into $\frac{1}{2}$ -inch ribbons with a knife, silver if possible, or pull the leaves apart into small pieces. One-third endive to two-thirds lettuce makes a pleasant mixture.

No. 509.—ENDIVE (Stewed).*Ingredients—*

3 heads endive, $\frac{1}{2}$ pint stock, 1 large tea-spoonful flour, $\frac{1}{2}$ oz. butter, juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Wash and clean the endive as in preceding recipe, plunge the heads into plenty of fast-boiling water, and boil for 10 minutes, then drain them very dry, turn them on to a board, and chop them finely, put them back in the saucepan with the stock and stew for 10 minutes; rub the butter and flour smoothly together, add them with the lemon juice, pepper, and salt to the endive, and simmer gently, stirring all the time, until the sauce thickens and adheres to the endive. Turn on to a very hot dish, and serve.

*Time—*Altogether, about 25 minutes.

Sufficient for 4 or 5 persons.

No. 510.—ESPAGNOLE.*Ingredients—*

1 lb. knuckle of veal, $\frac{1}{2}$ lb. shin of beef, 1 onion, 1 carrot, 2 sprigs parsley, 1 sprig thyme, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 3 pints stock, 2 oz. flour, 4 oz. butter.

Method—

Melt 2 oz. of the butter in a stewpan, cut the onion into dice, and the meat into small pieces, put them in the stewpan with $\frac{1}{2}$ a pint of the stock, and stir them over a brisk fire for about 15 minutes, until the stock has partly evaporated and become thick, and the meat is beginning to take colour; then pour in the rest of the stock, and bring the whole to boiling point, simmer for 3 or 4 minutes and skim well. Cut the carrot into dice, add it with the parsley, thyme, peppercorns, and salt, and boil gently for 40 minutes. Melt the rest of the butter in a small saucepan, dredge in the flour, and stir them over the fire until they form a smooth, thick

brown *roux*, add them gradually to the sauce, stirring all the time, and simmer for 3 or 4 minutes until the sauce is thick and rich, then strain carefully, skim off every particle of fat, and it is ready for use.

*Time—*About 1 hour.

Sufficient for about 1 quart of espagnole.

No. 511.—ESPAGNOLE (A Simple Recipe for).*Ingredients—*

2 oz. ham, 1 small onion, 1 small carrot, 1 oz. butter, 2 sprigs parsley, 1 sprig thyme, 6 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 pint good stock, 1 wine-glass sherry, 1 small table-spoonful flour.

Method—

Melt the butter in a small stewpan, cut the ham, onion, and carrot into small dice, and fry them gently in it for 10 minutes, then pour in the stock by degrees, stirring well as you add it; put in the parsley, thyme, peppercorns, and salt, and stew all gently for $\frac{3}{4}$ of an hour; mix the flour smoothly with the sherry, stir them into the sauce, and simmer again for 3 or 4 minutes until slightly thickened; skim off all the fat possible, strain through a fine sieve, and it is ready for use. This sauce may with advantage be prepared the day before it is wanted, as the fat can then so much more easily be removed.

*Time—*Altogether 1 hour.

Sufficient for 1 pint espagnole.

No. 512.—ESPAGNOLE (Maigre).*Ingredients—*

1 onion, 1 carrot, 1 oz. butter, 2 sprigs parsley, 1 sprig thyme, 6 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 pint water, 1 wine-glass sherry, 1 small table-spoonful flour.

Method—

Melt the butter in a small stewpan, chop the onion and carrot into small dice, and fry them for 7 or 8 minutes, then pour in the water, add the parsley, thyme, peppercorns, and salt and boil gently for an hour; mix the flour smoothly with the sherry, stir it into the sauce, and simmer for 3 or 4 minutes until nicely thickened; make the sauce a rich brown colour with a few drops of browning, or Parisian essence, strain carefully, and serve.

*Time—*1¼ hours.

Sufficient for 1 pint espagnole.

No. 513.—FANCHONETTES.*Ingredients—*

½ pint milk, 8 oz. sifted sugar, 3 eggs, 1 dessert-spoonful flour, a few drops vanilla flavouring, puff crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Heat the milk and 2 oz. of the sugar in a saucepan. Break the eggs, carefully separating the yolks from the whites, beat and strain the yolks, and mix the flour smoothly with them, add the hot milk, stirring well, return all to the saucepan, and stir over the fire, as for custard, until very thick. Flavour it with vanilla, and set it aside to cool. Line some patty-pans with thin puff crust, put a spoonful of the custard into each, and bake in a moderate oven for 15 or 20 minutes. Beat the whites of the eggs to as stiff a froth as possible, stir in rest of the sugar, and spread some of the mixture over the top of each tartlet; sift a little sugar over, and set in the oven for 5 or 6 minutes until lightly browned. Take them out of the patty-pans, and set aside until quite cold. Serve cold arranged in a silver or glass dish.

*Time—*To make custard, about 20 min. To bake tartlets, altogether about 25 minutes.

Sufficient for 12 tartlets.

No. 514.—FENNEL SAUCE.*Ingredients—*

½ pint melted butter No. 227, 1 table-spoonful chopped fennel.

Method—

Wash the fennel well, dry it in a clean cloth, and chop it finely. Make ½ a pint of melted butter as directed, stir the fennel into it, mix well, and serve in a very hot sauce-boat.

Sufficient for 4 or 5 persons.

No. 515.—FIG PUDDING.*Ingredients—*

¾ lb. figs, ½ lb. flour, ¼ lb. suet, ¼ lb. breadcrumbs, ¼ lb. sugar, 2 eggs, ¼ pint milk.

Method—

Remove the stalks from the figs and chop the fruit into small dice; skin and chop the suet and rub it into the flour, add the figs, sugar, and breadcrumbs, and mix well together; beat and strain the eggs, add to them the milk, stir them into the pudding and beat it well for 3 minutes. Butter a mould or pudding-basin, fill it two-thirds full with the mixture, put a buttered paper over the top, tie it down securely in a floured cloth and plunge it into fast-boiling water. Be careful to keep the water boiling until the pudding is cooked, and add a little from a kettle if too much boils away. When cooked, turn the pudding out carefully, sprinkle over with sifted sugar, and send sifted sugar and wine sauce to table with it.

*Time—*3½ hours.

Sufficient for 5 or 6 persons.

No. 516.—FIG PUDDING (Very Light).*Ingredients—*

12 oz. figs, 8 oz. flour, 4 oz. castor sugar, 4 oz. butter, 4 eggs.

Method—

Remove the stalks of the figs and

cut the fruit into small dice. Put the figs, flour, and sugar into a basin, and mix them well together. Beat the eggs thoroughly, strain them, and add them to the pudding, beating it well. Melt the butter and add it, a small quantity at a time, beating the pudding well as each portion is added. Butter a mould or pudding-basin, fill it two-thirds full with the mixture, put a thickly-buttered paper over the top, and tie down securely in a floured cloth. Plunge the pudding into boiling water, and keep it covered with water until cooked. Add a little from a kettle if too much boils away. Turn the pudding on to a hot dish, sift pounded sugar over, and serve with wine sauce.

Time—2½ hours.

Sufficient for 4 or 5 persons.

No. 517.—FIGS, GREEN (Compôte of).

Ingredients—

9 or 10 figs, 6 oz. sugar, juice of ½ a lemon, ¾ pint water.

Method—

Boil the sugar, lemon juice, and water together for 10 minutes, carefully removing any scum which rises, then put in the figs, and simmer them gently until tender. Take them out carefully, and arrange them in a glass dish. Boil up the syrup for 5 or 6 minutes to reduce it, let it cool a little, then pour it over the figs, and set them aside until quite cold.

Time—To simmer figs, 1 hour.

Sufficient for 4 or 5 persons.

No. 518.—FINGER BISCUITS.

Ingredients—

3 eggs, 4 oz. pounded sugar, 2 oz. flour.

Method—

Break the eggs carefully, separating the yolks from the whites. Beat and strain the yolks, mix in the pounded sugar, and dredge in the flour, beating

all the time. Whip the whites of the eggs to as stiff a froth as possible, and mix them with the other ingredients. Put the mixture into a funnel or forcing-pipe, and lay out very thin biscuits, 3 or 4 inches long and 1 inch wide. Cook them carefully in a moderately quick oven, and when cooked put two pieces together to form a biscuit. The edges should be slightly moistened with white of egg to make them adhere.

Tins may be bought which are made the right shape for finger biscuits, but, if they are not to hand, the biscuits can be cooked on a flat tin.

Time—About 10 minutes.

Sufficient for 10 or 12 biscuits.

No. 519.—FISH (Remarks on).

The choosing, preparation, and cooking of fish require great care and nicety.

The first thing necessary is that the fish itself should be *perfectly* fresh and of good quality; secondly, it must be thoroughly cleansed; and thirdly, it must be cooked skilfully, so that it is thoroughly, but not over, done. Fish to be boiled should be put into cold water and brought gradually to the boil, then allowed to simmer gently until tender, when it should be taken up immediately, and served as soon as possible. To keep it hot, if required to wait, leave the fish on the fish-plate across the kettle and cover it with a clean cloth. Dish boiled fish on a hot napkin, and garnish it with very fresh parsley and cut lemon. Lobster coral may be advantageously used sprinkled over the surface of a fine turbot, and cray-fish, fillets of soles, prawns, etc., are used to garnish large fish when more effect is desired.

Fish to be fried should be dried in a clean cloth, then floured and covered with egg and breadcrumbs, or dipped in batter as preferred. Next to oil, lard or refined suet will be found the best for frying fish, but clarified dripping can

be used with satisfactory results. When cooked, the fish must be thoroughly drained on kitchen paper, and garnished with fried parsley. It is as well to serve fried fish on fish-papers as it is apt to stain a damask serviette.

Fish to be broiled must be opened, seasoned, and placed on a gridiron which has been previously warmed and rubbed with suet. A clear fire is imperatively necessary, and great care must be taken not to let the fish be smoked or burnt.

No. 520.—FISH (au Gratin).

Ingredients—

6 oz. cold fish, 1 oz. grated cheese, 1 oz. fresh breadcrumbs, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint melted butter No. 227, seasoning pepper and salt.

Method—

Remove all bones and skin from the fish, and divide it into small pieces. Make $\frac{1}{4}$ pint white sauce, stir the fish into the hot sauce, and let it heat gently for 10 minutes, then turn it into a fire-proof dish which has been well buttered; mix the grated cheese and breadcrumbs, sprinkle them over the fish, dot the butter in small pieces on the top, season with pepper and salt, and bake in a gentle oven until the top is lightly browned. Serve the fish in the dish it was cooked in, placed on a folded napkin in another dish.

*Time—*Altogether, about $\frac{1}{2}$ an hour.

Sufficient for 2 or 3 persons.

No. 521.—FISH PIE.

Ingredients—

1 lb. cold fish, $\frac{1}{2}$ pint cream sauce No. 388, or melted butter No. 227, 1 $\frac{1}{2}$ lbs. mashed potatoes, 1 egg.

Method—

Boil and mash the potatoes by recipe No. 974. Remove all skin and bone

from the fish, and divide it into small pieces. Make $\frac{1}{2}$ pint of cream sauce, or melted butter, stir into it the fish and let it heat for 2 or 3 minutes. Butter a pie-dish, put a thin layer of potatoes at the bottom, then a layer of the fish in sauce; add another layer of potatoes and fish, and finish with a layer of potatoes. Take a large fork and draw lines with it across the top of the pie, brush it over with beaten egg, and bake in a moderate oven. Serve very hot.

*Time—*20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 522.—FISH RISsoles.

Ingredients—

$\frac{1}{4}$ lb. cold fish, $\frac{1}{2}$ lb. potatoes mashed, 1 egg, seasoning pepper and salt, $\frac{1}{2}$ tea-spoonful lemon juice, boiling fat for frying.

Method—

Remove all skin and bone from the fish and mince it finely, mix it with the mashed potatoes, season with pepper and salt, add a squeeze of lemon juice and the egg well beaten and strained, and stir all well together. Form the mixture into small, neat balls or rolls, flour them and arrange them in a frying-basket. Plunge the basket into a saucepan of boiling fat, and fry the rissoles a light golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley. Send a cut lemon to table with them.

*Time—*5 or 6 minutes.

Sufficient for 6 or 8 rissoles.

No. 523.—FISH SALAD.

Ingredients—

1 lb. cold turbot, salad No. 1048, 1 egg, $\frac{1}{4}$ tea-spoonful mustard, $\frac{1}{2}$ tea-spoonful pepper and salt, 1 table-

spoonful vinegar, 1 table-spoonful oil, mayonnaise dressing No. 784.

Method—

Remove all skin and bone from the fish and cut it into small pieces. Mix the oil, vinegar, mustard, pepper, and salt, and lay the fish in the mixture for an hour. Prepare the salad, and put some of it at the bottom of a salad-bowl, drain the fish and put some of the pieces on the salad, pour a little mayonnaise dressing over, then cover with salad and more fish and mayonnaise, and proceed in this manner until all is used. Decorate with the hard-boiled yolk of the egg rubbed through a sieve in the centre, and the white cut into dice and placed in a ring alternately with rounds of beetroot stamped out with a round vegetable cutter, about $\frac{3}{4}$ inch in diameter.

Sufficient for 4 or 5 persons.

No. 524.—FISH, SALT (Boiled).

Ingredients—

2 lbs. salt fish, $\frac{1}{2}$ gallon water, $\frac{1}{2}$ pint egg sauce No. 499.

Method—

The fish must be soaked in fresh water for 12 hours before cooking, but this is usually done by the fishmonger. Put the fish in plenty of cold water, bring it slowly to the boil, and simmer very gently until cooked. Serve on a hot napkin, garnished with fresh parsley, and send egg sauce to table with it.

*Time—*To simmer, about $\frac{3}{4}$ of an hour.

Sufficient for 3 or 4 persons.

No. 525.—FISH, SALT (à la Maître d'Hôtel).

Ingredients—

1 $\frac{1}{2}$ lbs. salt fish, $\frac{1}{2}$ pint maître d'hôtel sauce No. 1072.

Method—

Boil the fish as in preceeding recipe; when cooked take away all skin and bone, cut the fish into neat pieces, heat it gently in the maître d'hôtel sauce, and serve in a hot dish.

*Time—*To heat fish, 15 to 20 minutes.

Sufficient for 3 persons.

No. 526.—FISH (Scalloped).

Ingredients—

$\frac{1}{2}$ lb. cold fish, 2 oz. finely-grated breadcrumbs, $\frac{1}{4}$ pint melted butter, No. 227, seasoning pepper and salt, juice of $\frac{1}{2}$ a small lemon, dessert-spoonful chopped parsley.

Method—

Make the sauce as directed. Carefully remove all skin and bone, and cut the fish into small pieces, mix these with the breadcrumbs, season with pepper and salt, and stir them into boiling sauce, add the lemon juice and stir well. Butter some scallop-shells, fill them with the mixture, sprinkle a few breadcrumbs and some of the chopped parsley over each, and bake them in a moderately hot oven until the surface is lightly browned. Serve very hot.

*Time—*About 10 minutes.

Sufficient for 6 scallops.

No. 527.—FLOUNDERS (Boiled).

Ingredients—

2 or 3 flounders, $\frac{1}{2}$ gallon water, 2 oz. salt, 1 table-spoonful vinegar, $\frac{1}{4}$ pint melted butter.

Method—

Put the water, salt, and vinegar into a fish-kettle, and bring to the boil, then put in the flounders, and simmer them very gently until tender. Dish them on a hot serviette, garnished with parsley and cut lemon, and send melted butter to table with them.

*Time—*To simmer, 5 to 7 minutes.

Sufficient for 2 persons.

No. 528.—FLOUNDERS (Fried).*Ingredients—*

2 or 3 flounders, 1 egg, breadcrumbs, clarified dripping or lard for frying, $\frac{1}{4}$ pint melted butter.

Method—

Cleanse the fish, and rub them inside and out with salt; wash them and wipe them very dry, then egg and breadcrumb them carefully, and fry them in plenty of boiling fat. Dish them on a hot napkin, garnished with fried parsley, and send melted butter to table with them.

Time—6 to 8 minutes, according to size.

Sufficient for 2 persons.

No. 529.—FOIE GRAS (To Serve and Use).

Foie gras should be served in the terrine in which it is bought. This should be placed on a very clean d'oyley, and garnished with a little very fresh parsley. Some small pieces of crisp toast should be placed on the table.

The remains of a terrine of foie gras may be used to great advantage in cooking. Small pieces may be put among the pieces of meat or game in a good pie, or a small quantity may be added to the ingredients of a plain forcemeat, and will, in either case, be found to much improve the flavour of the whole. An excellent savoury can also be made, for which a recipe will be found below.

No. 530.—FOIE GRAS TOASTS.*Ingredients—*

2 or 3 slices of buttered toast, $\frac{1}{2}$ small terrine foie gras, a very little pepper.

Method—

Cut the toast into small, neat fingers, about 1 inch wide and 2 long; it should be very fresh and crisp. Cut

the foie gras about $\frac{1}{4}$ inch thick, and lay it on the toast, so as to cover it, but not to come quite to the edge. Sprinkle a very little cayenne or ground pepper over, and make the toast very hot in the oven. Serve very hot, garnished with parsley or small cress.

Time—To heat in oven, about 10 minutes.

Sufficient for 6 toasts.

No. 531.—FONDUE.*Ingredients—*

3 eggs, 3 oz. grated cheese, 3 oz. butter, seasoning pepper and salt.

Method—

Break the eggs, carefully dividing the yolks from the whites; beat the yolks lightly, and mix the grated cheese with them; break the butter into small pieces and add it to the yolks. Beat the whites to as stiff a froth as possible, stir them into the mixture, season with pepper and salt, and bake in a well-buttered, round cake-tin. Serve immediately it is taken out of the oven, and pin a very white napkin neatly round the tin.

Time—15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 532.—FORCEMEATS (Remarks on).

Great care must be taken in the preparation of the ingredients for forcemeats, and these should be so perfectly mixed that no flavour unduly predominates. Breadcrumbs should be fresh and carefully sifted, and suet, parsley, etc., must be minced as finely as possible.

The suet, butter, and veal forcemeats are those most usually employed on ordinary occasions, but forcemeats are capable of great variation, and dishes may be much improved by using a suitable and dainty forcemeat. Fillet of veal stuffed with oysters,

partridges with mushrooms, and capons with truffles, are dishes well worth the trouble involved in their preparation. With fish the improvement is, perhaps, even more noticeable. Oyster forcemeat is particularly suitable for stuffed cod, but it will also be found excellent with any baked and stuffed fish, or mushrooms may be substituted with very good effect. For plain forcemeat for fish I prefer one made with butter to that made with suet; a little anchovy may be added when liked. The taste and judgment of the cook will guide her in the selection of a suitable forcemeat for different dishes, and a little forethought will often suggest a pleasing addition to the plain ingredients.

No. 533.—FORCEMEAT BALLS.

Ingredients—

3 oz. breadcrumbs, 1 oz. lean bacon or ham, 1 oz. butter, 1 tea-spoonful mixed sweet herbs, $\frac{1}{2}$ tea-spoonful minced lemon-rind, seasoning salt and cayenne, 1 egg.

Method—

Chop the ham or bacon finely, mix the butter with the breadcrumbs, and add all the other ingredients to them; moisten the whole with the egg, which should be well beaten and strained, and form the mixture into small balls, first flouring the hands. Fry them a light brown, turn them on to kitchen paper to drain, and serve very hot.

*Time—*To fry, 5 or 6 minutes.

Sufficient for 1 dozen balls.

No. 534.—FORCEMEAT BALLS (Another Recipe).

Ingredients—

3 oz. beef suet, 3 oz. breadcrumbs, 1 large tea-spoonful minced parsley, 1 sprig thyme minced, seasoning salt and cayenne, 1 egg, 1 dessert-spoonful milk.

Method—

Chop the suet finely, and mix it with the breadcrumbs; add the parsley and thyme, finely minced, and a seasoning of salt and cayenne, and mix all well. Beat the egg and milk together, strain them, and moisten the forcemeat with them; make it into small balls, and fry them a light brown. Turn them on to kitchen paper to drain, and serve very hot.

*Time—*To fry, 5 or 6 minutes.

Sufficient for 1 dozen balls.

No. 535.—FORCEMEAT, BUTTER.

Ingredients—

3 oz. butter, 4 oz. breadcrumbs, 1 large tea-spoonful finely-chopped parsley, $\frac{1}{2}$ tea-spoonful finely-chopped lemon rind, seasoning salt and cayenne, 1 egg, 1 dessert-spoonful milk.

Method—

Mix the butter with the breadcrumbs, and add the parsley, lemon rind, and seasoning. Beat the egg and milk together, strain them, and moisten the mixture with this. Stir well, and it is ready for use.

Sufficient for 5 or 6 persons.

No. 536.—FORCEMEAT, CHESTNUT.

Ingredients—

$\frac{1}{2}$ lb. chestnuts, $\frac{1}{2}$ lb pork sausage meat.

Method—

Boil the chestnuts until tender; peel them, and pound them in a mortar until smooth. Then mix them thoroughly with the sausage meat, and it is ready for use.

*Time—*To boil chestnuts, 45 minutes.

Sufficient for 1 capon, or a pair of fowls.

No. 537.—FORCEMEAT (For Hare or Fowl).

Ingredients—

The liver of hare or fowl, 3 oz. suet, 4 oz. breadcrumbs, 1 large tea-spoonful finely-chopped parsley, $\frac{1}{2}$ tea-spoonful finely-chopped lemon rind, seasoning salt and cayenne, 1 egg, 1 dessert-spoonful milk, $\frac{1}{2}$ oz. butter.

Method—

Put the liver into a small saucepan with hot water, and boil it for 5 minutes. Chop the suet very finely, and mix it with the breadcrumbs; add the liver, finely minced, and the parsley, lemon rind, salt and cayenne. Beat and strain the egg, add to it the milk, and moisten the forcemeat with this. Turn all into a mortar with $\frac{1}{2}$ oz. butter, and pound to a smooth paste.

Sufficient for 5 or 6 persons.

No. 538.—FORCEMEAT (For Cold Savoury Pies).

Ingredients—

$\frac{1}{2}$ lb. lean raw veal, $\frac{1}{4}$ lb. fat bacon, 2 oz. butter, yolks of 2 eggs, panada No. 890, made with $\frac{1}{4}$ lb. breadcrumbs, and other ingredients in proportion, seasoning pepper and salt.

Method—

Remove all skin and fat from the veal, cut it and the bacon into dice, and pound them to a smooth paste with the butter; then add the panada and pound again, add the yolks of the eggs, season with pepper and salt, mix well, and pound until perfectly smooth, then rub the whole through a fine sieve, and it is ready for use.

No. 539.—FORCEMEAT, MUSH-ROOM.

Ingredients—

$\frac{1}{4}$ lb. mushrooms, 2 oz. butter, 4 oz. breadcrumbs, seasoning salt and cayenne, 1 egg.

Method—

Dissolve 1 oz. butter in a small frying-pan. Clean the mushrooms with a bit of new flannel dipped in salt, cut them in dice, and fry them in it for 5 or 6 minutes, but do not let the butter burn. Turn them on to a dish until cool, then mince them finely. Mix the breadcrumbs with the other ounce of butter, add the mushrooms and half the butter they were cooked in, and season with salt and a little cayenne. Beat and strain the egg, moisten the forcemeat with it, mix well, and it is ready for use.

Sufficient for 5 or 6 persons.

No. 540.—FORCEMEAT, OYSTER.

Ingredients—

$\frac{1}{2}$ doz. oysters, 4 oz. breadcrumbs, 2 oz. butter, finely-chopped rind of $\frac{1}{2}$ a lemon, 1 tea-spoonful finely-chopped parsley, seasoning salt and cayenne, 1 egg, dessert-spoonful oyster liquor.

Method—

Open the oysters carefully, and remove the beards, put the oysters in a small saucepan, strain their liquor over them, heat them slowly to boiling point but do not let them boil, then take them out and chop them very small. Mix the butter and breadcrumbs together, add to them the chopped oysters, lemon rind, parsley, and seasoning, and mix all well together. Beat and strain the egg, add to it a dessert-spoonful of the oyster liquor, moisten the forcemeat with these, mix well, and it is ready for use.

Sufficient for 5 or 6 persons.

No. 541.—FORCEMEAT, SUET. (Plain).

Ingredients—

2 oz. breadcrumbs, 1 oz. suet, 1 dessert-spoonful chopped parsley, 1 tea-spoonful dried sweet herbs, finely-chopped rind $\frac{1}{2}$ lemon, seasoning pepper and salt, 1 egg.

Method—

Chop the suet, parsley, and lemon rind as finely as possible, add to them the breadcrumbs, herbs, pepper, and salt, and mix all well together. Beat and strain the egg, moisten the forcemeat with it, mix well, and it is ready for use.

Sufficient for a small joint.

No. 542.—FORCEMEAT, SUET (Good).

Ingredients.

3 oz. suet, 1 oz. lean cooked ham, 4 oz. breadcrumbs, 1 large tea-spoonful finely-chopped parsley, $\frac{1}{2}$ tea-spoonful finely-chopped lemon rind, seasoning salt and cayenne, 1 egg, 1 dessert-spoonful milk.

Method—

Chop the suet and ham very finely, mix them with the breadcrumbs, and add the parsley, lemon rind, and seasoning. Beat the egg and milk together, strain them, moisten the mixture with these, and it is ready for use.

Sufficient for 5 or 6 persons.

No. 543.—FORCEMEAT, TRUFFLE.

Ingredients—

$\frac{1}{2}$ cold truffle, $\frac{1}{2}$ lb. lean veal, $\frac{1}{4}$ lb. fresh breadcrumbs, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ pint cream, the yolks of 2 eggs, 2 whole eggs, seasoning of pepper, salt, and cayenne.

Method—

Cook the truffles by recipe No. 1166, and set them aside to cool. Put the breadcrumbs into a small, lined saucepan; pour the cream on them, and stir them over a gentle fire until they form a smooth paste, dry enough to leave the sides of the saucepan and adhere to the spoon. Great care must be taken or the panada will burn and be useless. As soon as it is sufficiently cooked, add the two yolks of eggs, stir well, and turn the mixture on to a clean plate, which set aside in a cool place.

Remove all skin and fat from the veal, and pound it to a smooth paste, add the cold panada, butter, and seasoning, and pound again until quite smooth, then add the 2 whole eggs and mix well. Cut the truffles into small pieces, mix all well, and it is ready for use.

The quantity of truffles can be increased or diminished at pleasure.

Sufficient to stuff 1 large turkey.

No. 544.—FORCEMEAT, VEAL.

Ingredients—

4 oz. lean veal, 1 oz. lean boiled bacon or ham, 3 oz. butter, 2 oz. breadcrumbs, 1 tea-spoonful finely-minced parsley, 1 tea-spoonful finely-minced lemon rind, $\frac{1}{4}$ tea-spoonful thyme, seasoning salt and cayenne, the yolks of 2 eggs.

Method—

Cut the veal into small dice, carefully removing all skin and fat. Chop finely the bacon or ham. Melt 2 oz. of the butter in a small saucepan, put in the veal, parsley, lemon rind, thyme, and seasoning, and cook them all very gently for 15 minutes, stirring occasionally. Take out the pieces of meat, and stir in the breadcrumbs over the fire until they have absorbed all the gravy and are rather dry. Then put them with the veal, ham, and the rest of the butter into the mortar and pound them, add the beaten yolks of eggs, stir well, and set aside in a cold place until wanted.

Sufficient for 5 or 6 persons.

No. 545.—FOWL (à la Béchamel, Boiled).

Ingredients—

1 moderate sized fowl, 1 oz. butter, 2 table-spoonfuls flour, $\frac{1}{2}$ pint béchamel sauce No. 135, or melted butter No. 227, the yolk of a hard-boiled egg.

Method—

Choose a young fowl, and have it trussed for boiling. Spread the butter on the bird with a knife. Sprinkle the flour over a very clean cloth, and tie up the bird in it. Put it into a saucepan of hot water, breast upwards, and bring it quickly to the boil. Draw the saucepan aside, and let it simmer gently for about $\frac{3}{4}$ of an hour. When tender, take it up, untie the cloth, and let it drain for 2 or 3 minutes. Put it into the dish it is to be served in, and cover it with the sauce, which must be very thick. There should be sufficient sauce to cover the dish to the inside rim as well as the bird. Have ready the yolk of a hard-boiled egg, which put in a small sieve, and rub through with a tea-spoon on to the breast of the fowl. Garnish round with parsley, and serve at once. Allowed to remain until quite cold, it makes an excellent luncheon or supper dish.

The time of boiling must be determined by the size of the bird. A young chicken would be sufficiently cooked in $\frac{1}{2}$ an hour.

*Time—*30 to 45 minutes.

Sufficient for 3 or 4 persons.

No. 546.—FOWL (Braised).*Ingredients—*

1 fowl, 1 oz. butter, $\frac{1}{2}$ onion, 1 carrot, 1 sprig parsley, 6 or 8 peppercorns, 1 quart chicken broth, or light stock, seasoning pepper and salt, 1 tea-spoonful arrowroot, 1 table-spoonful claret.

Method—

Melt the butter in a stewpan just large enough to contain the fowl. Cut the onion into dice, slice the carrot, and fry these in the butter for 4 or 5 minutes, then put in the fowl, add the sprig of parsley and the peppercorns, and pour the broth or stock over all, add a seasoning of pepper

and salt, bring gently to the boil, and simmer for about 45 minutes. Then strain off $\frac{1}{2}$ pint of the stock into a fresh saucepan, mix the arrowroot smoothly with the claret, stir this into it, and simmer gently for 2 or 3 minutes until nicely thickened. Place the fowl on a very hot dish, remove the skewer and trussing-strings, pour the sauce over, and serve immediately.

*Time—*Altogether, about 1 hour.

Sufficient for 3 or 4 persons.

No. 547.—FOWL (Broiled).*Ingredients—*

1 fowl, seasoning pepper and salt, $\frac{1}{2}$ pint mushroom sauce, No. 807.

Method—

Roast the fowl for 30 minutes, keeping it well basted with plenty of clarified dripping. Take it up, remove skewer and trussing-strings, and cut the fowl into quarters. Season these with pepper and salt, and broil them over a very clear fire. Have the mushroom sauce ready, boiling hot; dish the fowl neatly on a very hot dish, and pour the sauce over and round it.

*Time—*To roast fowl, 30 minutes.

To broil it, about 15 minutes.

Sufficient for 3 or 4 persons.

No. 548.—FOWL (Curried).*Ingredients—*

Remains of cold fowl, 2 oz. butter, 1 small onion, $\frac{1}{2}$ small apple, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ pint brown sauce, 2 oz. rice.

Method—

Put the butter into a stewpan, and let it melt, then dredge in the flour and curry powder mixed, and add the apple and onion, finely chopped; stir these over the fire until lightly browned.

Cut up the fowl into small, neat dice, carefully removing all skin and fat, and fry the fowl for 2 or 3 minutes; then pour in the stock, and stir all gently over the fire until the sauce is nicely thickened. Let the fowl become very hot, and serve in a hot dish, with a border of rice boiled by recipe No. 1025.

Time—Altogether, about 30 minutes.

No. 549.—FOWL (Fricasséed).

Ingredients—

Remains of a pair of cold fowls, 1 oz. butter, $\frac{1}{2}$ small onion, 1 strip lemon peel, 1 sprig parsley, $\frac{1}{4}$ tea-spoonful mixed herbs, $\frac{3}{4}$ pint water, the yolks of 2 eggs, $\frac{1}{4}$ pint milk, 1 tea-spoonful flour.

Method—

Cut up the fowls into neat joints. Melt the butter in a small saucepan, cut up the onion and fry it for 2 or 3 minutes, then add the carcasses broken up, the parsley, herbs, lemon peel, pepper, and salt, pour in the water, and boil all together gently for 1 hour. It should then be reduced to rather less than $\frac{1}{2}$ a pint; strain this into a fresh saucepan, beat and strain the yolks of egg, mix the flour with them, add the milk, and stir these into the broth. Continue stirring until the sauce is nicely thickened, but be very careful it does not boil or it will curdle. Put in the pieces of fowl, let them heat slowly by the side of the fire, and serve very hot.

Time—To make sauce, about 1 $\frac{1}{4}$ hours. To heat fowl, 20 minutes.

No. 550.—FOWL (Fried).

Ingredients—

The remains of cold roast fowl, 2 table-spoonfuls oil, 1 dessert-spoonful vinegar, $\frac{1}{4}$ tea-spoonful salt, 1 tea-spoonful finely-minced parsley, 6 peppercorns, frying batter No. 123, boiling fat for frying.

Method—

Mix the oil, vinegar, peppercorns, salt, and parsley together. Cut the fowl into small, neat joints, and lay these in the mixture for 2 hours; then take them out, drain them, dip them in the frying batter, and fry them a light golden-brown. Turn them on to kitchen paper to drain, and serve in a hot dish, garnished with fried parsley.

Time—To fry, 7 or 8 minutes.

No. 551.—FOWL (Au Gratin).

Ingredients—

The remains of cold fowl, $\frac{1}{2}$ pint béchamel sauce, 1 dessert-spoonful grated Parmesan cheese, 1 oz. fine breadcrumbs, seasoning pepper and salt.

Method—

Make $\frac{1}{2}$ pint of béchamel sauce, and heat the fowl (which should be carefully minced, and all fat and skin removed) in it; add the pepper and salt, stir well, and turn the fowl into a fire-proof dish. Cover the top with the breadcrumbs and cheese mixed, put the butter in small pieces over, and bake in a moderate oven a pale golden colour. Serve in the dish it was cooked in, placed on a very clean serviette, or d'oyley, in another dish.

Time—To heat the fowl in sauce, 10 minutes.

To bake in oven, 15 minutes.

Sufficient for 2 or 3 persons.

No. 552.—FOWL (Hashed).

Ingredients—

Remains of roast fowl, $\frac{3}{4}$ pint light stock, $\frac{1}{2}$ small onion, $\frac{1}{2}$ oz. butter, 1 small tea-spoonful arrowroot.

Method—

Carefully remove all the flesh from

the bones, cut it into dice, or small, neat slices; cover it over and set it aside. Melt the butter in a small stewpan, and fry the onion, which must be cut into small pieces, for 5 or 6 minutes; add all the bones, skin, and trimmings of the fowl, pour in the stock, and stew all gently for an hour, then strain the stock and skim off all the fat. Mix the arrowroot smoothly with a spoonful of water or cold stock, stir it into the broth, and simmer gently for 3 or 4 minutes until slightly thickened; put in the pieces of fowl, and let them heat gently by the side of the fire, season with pepper and salt, and serve on a hot dish.

Time—To make sauce, altogether about 1 hour and 10 minutes.
To heat the fowl, 20 minutes.

No. 553.—FOWL (Minced with Mushrooms).

Ingredients—

Remains of cold fowl, $\frac{1}{4}$ lb. mushrooms, or 1 small tin of champignons, $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, seasoning pepper and salt.

Method—

Rub the mushrooms, if fresh, with salt, and chop them finely; if tinned, wash them in cold water. Put them into a lined saucepan with the milk (reserving a table-spoonful), and simmer them in it for 10 minutes. Carefully remove all skin and gristle from the fowl, and cut the meat into small dice. Lift the mushrooms out of the milk, and put them with the fowl. Mix the flour into a smooth batter with the table-spoonful of milk, and pour the boiling milk on to this, stirring well. Return it to the saucepan, and stir the sauce over the fire until nicely thickened, then put in the fowl and mushrooms, and let them heat slowly by the side of the fire; season with pepper and salt, and serve very hot.

Time—To heat the fowl, about 20 minutes.

Sufficient for 2 or 3 persons.

No. 554.—FOWL (Ragôut of).

Ingredients—

Remains of cold fowl, 1 oz. butter, 1 rasher lean bacon or ham, 1 small onion, $\frac{1}{2}$ tea-spoonful savoury herbs, seasoning pepper and salt, 1 pint stock, 1 dessert-spoonful flour.

Method—

Cut the fowl up into small, neat pieces. Melt the butter in a small saucepan, stir into it the flour, and let it become lightly browned; add the bacon or ham, and the onion chopped small, and cook them for a few minutes, then pour in the stock, add the herbs and seasoning, and simmer all gently for 1 hour. Strain this liquor into a fresh saucepan, and add a few drops of browning, if necessary. Put in the pieces of fowl, and let them heat through slowly by the side of the fire, then arrange them neatly in a hot dish, pour the sauce over, and serve.

Time—To make sauce, altogether 1 hour and 10 minutes.
To heat fowl, about 20 minutes.

No. 555.—FOWL (Roast).

Ingredients—

1 fowl, 1 dessert-spoonful flour, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Place a buttered paper over the breast of the fowl, and roast it in front of a clear fire, or in a good oven, basting it continually with plenty of clarified dripping; 10 minutes before serving take off the paper, dredge the flour over the bird, and baste it well, until nicely frothed. Place the fowl on a very hot dish, remove the skewer

and trussing-strings, and pour a little of the gravy round. Serve with bread sauce and the rest of the gravy in sauce-boats.

Time—45 minutes to 1 hour.

Sufficient for 3 or 4 persons.

No. 556.—FOWL (Scalloped).

Ingredients—

The remains of cold fowl, 2 oz. breadcrumbs, $\frac{1}{4}$ pint béchamel sauce No. 135, or melted butter No. 227, seasoning pepper and salt, dessert-spoonful chopped parsley.

Method—

Make the sauce as directed. Carefully remove all skin, and chop the fowl finely, mix it with the breadcrumbs, season with pepper and salt, and stir all into the boiling sauce. Butter some scallop shells, fill them with the mixture, and sprinkle a little of the chopped parsley over each. Bake them in a moderate oven until lightly browned, and serve very hot.

Time—10 to 15 minutes.

Sufficient for 6 scallops.

No. 557.—FOWL (Stuffed Roast).

Ingredients—

1 large fowl, forcemeat No. 539, 1 dessert-spoonful flour, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Choose a large, plump fowl, and fill the breast with forcemeat. Place a buttered paper over the breast, and roast the bird in front of a bright fire, or in a good oven; baste it continually with plenty of clarified dripping; 10 minutes before serving take off the paper, dredge the flour over the bird, and let it be well basted and frothed. Place the fowl on a very hot dish, pour a little brown gravy round, and serve the rest of the

gravy and the bread sauce in sauce-boats.

Time—1 hour.

Sufficient for 4 or 5 persons.

No. 558.—FRANGIPANE.

Ingredients—

3 eggs, 1 oz. flour, $\frac{1}{2}$ pint milk, 2 oz. sugar, 2 strips lemon peel, 1 oz. crushed ratafias, 1 table-spoonful brandy, 1 oz. butter.

Method—

Put the milk, sugar, and lemon rind into a lined saucepan, and let them become very hot. Beat and strain the eggs, mix the flour smoothly with them; take the lemon rind out, and stir the milk into the eggs. Put back the mixture into the saucepan, with the crushed ratafias and brandy, and stir this over a gentle fire until very thick. Melt the butter in a small saucepan, stir it over the fire until it becomes a little brown, but on no account allow it to boil, mix it with the custard mixture, and the frangipane is ready for use. This is an excellent filling to open tarts in the place of jam.

The milk can be flavoured with vanilla or almond instead of lemon, if preferred.

Time—Altogether, about 30 minutes.

Sufficient for 1 open tart, or 12 tartlets.

No. 559.—FRENCH PLUMS (Compôte of).

Ingredients—

1 lb. French plums, $\frac{1}{2}$ pint water, 2 oz. sugar, $\frac{1}{4}$ pint Burgundy or claret.

Method—

Put the plums, with the water, into a saucepan, and boil them gently for 40 minutes, then add the sugar and claret, and simmer them gently for $\frac{1}{2}$ an hour. Lift out the plums, arrange them in a silver or glass dish, boil up the syrup

quickly for 10 minutes, let it cool slightly, strain it over the plums, and set aside until quite cold, when serve.

Time—Altogether, 1 hour.

Sufficient for 3 or 4 persons.

No. 560.—FRITTERS (Plain).

Ingredients—

2 eggs, 2 oz. flour, $\frac{1}{4}$ pint milk.

Method—

Beat the eggs and milk together, strain them and mix them very smoothly with the flour into a batter, absolutely free from lumps. Beat this well, and then drop the mixture, a dessert-spoonful at a time, into boiling lard, and fry a light golden colour. Turn the fritters on to kitchen paper to drain, and serve very hot with pounded sugar and cut lemon, or jam, as preferred.

Time—5 or 6 minutes.

Sufficient for 4 or 5 persons.

No. 561.—FRITTERS, CAKE.

Ingredients—

$\frac{1}{2}$ lb. plum cake, frying batter No. 123.

Method—

Cut the cake into small, neat pieces, about $2\frac{1}{2}$ inches in length, 1 inch wide, and $\frac{1}{2}$ inch thick, dip them in the batter, and fry them in plenty of boiling lard a light golden colour. Turn them on to kitchen paper to drain, sift pounded sugar over, and serve very hot.

Time—6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 562.—FRITTERS, LEMON.

Ingredients—

4 oz. breadcrumbs, 2 oz. suet, 2 oz. pounded sugar, rind and juice of 1 lemon, 2 eggs.

Method—

Chop the suet as finely as possible, peel the lemon-rind very thinly, and mince it finely; put the breadcrumbs into a basin, add to them the other dry ingredients, and mix well. Beat and strain the eggs, add them, with the lemon juice, to the mixture, and beat it for 2 or 3 minutes. Drop a dessert-spoonful at a time into boiling lard, and fry a light golden colour. Turn the fritters on to kitchen paper to drain, and serve with cut lemon and pounded sugar.

Time—6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 563.—FRUIT CREAMS.

Ingredients—

$\frac{1}{2}$ lb. fruit, 2 oz. sugar, $\frac{1}{4}$ pint thick cream, 1 tea-spoonful lemon juice.

Method—

Peaches, apricots, or any stone fruit should be sliced and stoned. Strawberries, raspberries, etc., should be stalked, and any unsound fruit rejected. Boil the fruit and sugar together until quite tender, then rub through a sieve and set aside to cool. Whip the cream to a stiff froth, and mix the fruit pulp when quite cold with it. Pour the mixture into custard glasses, and serve.

Time—10 or 20 minutes.

Sufficient for 4 or 5 persons.

No. 564.—FRUIT, JELLY (Summer).

Ingredients—

1 quart clear wine jelly No. 243, or No. 670, 9 strawberries, 6 cherries, 1 peach, 1 apricot.

Method—

Remove the stalks from the strawberries and cherries, cut the peach into 8 pieces, and the apricot into 6. Have a jelly mould with 6 knobs, into

each of which very gently press a strawberry, pour in a little jelly, just sufficient to form a setting for the fruit, and let it set. When it is firm add more jelly to the depth of an inch. Let that set. Then lay in a cherry or two, a strawberry, and 3 or 4 pieces of peach and apricot. Pour in a little more jelly, but very carefully, or the fruit will float to the top; let this set, and continue in this manner until all the fruit is used, and the mould full. The filling of the mould must be effected extremely gradually, or the fruit will not be evenly distributed throughout the jelly. Care must also be taken that the fruit is not placed too closely together, or the jelly will appear dull and heavy when turned out. In warm weather it is almost imperative to keep the mould on ice, or the jelly will not be firm.

Sufficient for 1-quart mould.

No. 565.—FRUIT JELLY (Winter).

Ingredients—

1 quart clear wine jelly, No. 243, or No. 670, 6 fine black grapes, 6 white grapes, $\frac{1}{2}$ ripe pear, 1 banana.

Method—

Cut the pear into small pieces, and the banana into thin rings. Proceed exactly as in preceding recipe, substituting black grapes in the knobs of the mould, and adding a row of 5 or 6 pieces of banana down the centre. Fill up the mould in the same manner as the last, and place upon ice until ready to serve.

Sufficient for 1-quart mould.

No. 566.—FRUIT SALAD.

Ingredients—

1 lb. strawberries, $\frac{1}{2}$ lb. raspberries, $\frac{1}{4}$ lb. fine red currants, $\frac{1}{4}$ lb. fine white currants, 8 oz. sifted sugar, $\frac{1}{2}$ pint champagne, hock, or Moselle.

Method—

Remove the stalks from the fruit, put a layer of strawberries at the bottom of a deep glass dish or bowl, sift sugar on them, then put a layer of raspberries and red currants, and build the rest of the strawberries into a cone shape, with the white currants arranged on, and round them. Sprinkle sugar over each layer of fruit, and let it stand. Just before serving, pour the wine over the fruit. The salad should be *mixed* at table.

Fruit salads can be varied indefinitely, but care should always be taken that only very fresh and fine fruit is used, and the wine should be light, and of good quality. If pine apple is used, the skin should be removed, and each slice cut into quarters.

No. 567.—FRUIT TURNOVERS.

Ingredients—

$\frac{1}{2}$ lb. fruit, 3 oz. sugar, puff crust, No. 400, made with 8 oz. flour, and other ingredients in proportion.

Method—

Stew the fruit with the sugar until nearly all the juice is absorbed, and set it aside to cool. Roll out the paste thin, stamp it out into rounds with a 4-inch cutter, lay some of the stewed fruit on the half of each, turn the other half over, and press the edges together, wetting them with a little water, or white of egg, to make them stick. Make the half circle neat with the cutter, and bake in a moderately quick oven.

Time—15 to 20 minutes.

Sufficient for 8 turnovers.

No. 568.—FRYING (Remarks on).

There is hardly a more uncommon or valuable quality in a cook than that of being able to fry really well. Success

in this mode of cooking is so entirely a matter of care and trouble, that it is astonishing that pains-taking people should still fail to serve up their fried dishes so as to do them any credit. If a few simple rules are faithfully adhered to, the whole difficulty will be easily overcome.

The first point to be considered is the frying fat, as this is the most important factor. It is absolutely useless to attempt to fry in 2 or 3 spoonfuls of lukewarm grease. At least 2 lbs. of fat should be used, and this must be *boiling* before the frying-basket is plunged in. On all occasions where it is at all practicable, use the frying-basket. It has a great many advantages, and for small delicate entrées, chipped potatoes, filleted fish or smelts, it is almost indispensable. The fat should be melted in a saucepan (into which the basket will just fit), and brought slowly to boiling-point; a crumb of bread thrown in will brown instantly when the fat is ready for use, and the basket should then be immediately plunged in. If the right quantity of fat is used, the contents of the basket will be covered, and there will be no necessity to turn them when half done, an operation usually fraught with danger to the appearance of the entrée. Be very careful that the fat does not burn; once the fat is really boiling, a slight degree of heat is sufficient to keep it so. The same fat may be used by a careful cook over and over again, but it should be clarified each time.

Basins of fat should be kept carefully separate. Fat used for frying fish must be kept for that purpose alone. There should also be a basin of fat reserved for cutlets, rissoles, etc. As I have mentioned before, clarified dripping can perfectly be used, but, if fat is purchased for the purpose, refined suet is an excellent preparation for frying.

For fritters and delicate entremets,

a basin of very pure lard should be kept, and carefully strained each time it is used. If the fat should, unfortunately, be burnt, the whole must be thrown away, and the same quantity of fresh substituted, but this accident should be an unusual occurrence.

In dishing up, it should be remembered that frying is boiling in fat, and that draining is quite as necessary after frying as after ordinary boiling. Never turn anything fried straight out of the basket or pan on to a dish; have ready some kitchen paper, and absorb all the grease possible. In taking up the frying-basket, let it drain over the saucepan for a minute, and then turn the contents on to paper. It is well to place the paper on a dish, and let this rest on the kitchen fender, as all fried dishes should be served extremely hot.

No. 569.—GAME (Hashed).

Ingredients—

Remains of cold game, $\frac{3}{4}$ pint stock, $\frac{1}{2}$ small onion, $\frac{1}{2}$ oz. butter, 1 tea-spoonful arrowroot, 1 table-spoonful claret or port, seasoning salt and cayenne.

Method—

Remove all skin and fat from the game, and cut it into dice. Cut up the onion and fry it with the butter in a very clean saucepan for 5 or 6 minutes, then pour off any butter remaining, add the bones and skin of the game, and cover them with the cold stock. Bring all to the boil, and simmer for an hour. Strain the broth (which now will be reduced to about half a pint) into a fresh saucepan. Mix the arrowroot smoothly with the wine, and stir this into the broth. Continue stirring over the fire until nicely thickened, then put in the game, and let it heat slowly by the side of the fire.

Add a seasoning of salt and a little cayenne, and serve very hot.

Time—To make sauce, about 1 hour and 10 minutes.

To heat meat, 15 to 20 minutes.

No. 570.—GAME PIE.

Ingredients—

Back and hind-quarters of a hare, 1 brace partridges, forcemeat No. 537 or No. 538, puff crust No. 400, made with 1 lb. flour, and other ingredients in proportion, $\frac{1}{2}$ pint stock or gravy jelly, 2 hard-boiled eggs, seasoning pepper and salt, yolk of an egg.

Method—

Cut the hare into small joints, and each partridge into quarters. Line a pie-dish with a thin layer of the forcemeat, then lay in the pieces of hare and partridge, sprinkle them with pepper and salt, and build the pie up in a dome shape, filling the interstices with more forcemeat. Cut the eggs into slices, and lay them round the edge of the pie; pour in the gravy jelly or stock, which must be warmed just enough to become liquid. Moisten the edges of the pie-dish, lay a thin border of crust round, roll out the cover, place it on top, and ornament the edges neatly; brush the pie over with a paste-brush dipped in beaten egg-yolk, and bake the pie in a good oven for about $2\frac{1}{2}$ hours. The pie may be ornamented with leaves of pastry in a wreath or other design when liked. These must be slightly wetted on the under side, and lightly pressed on the cover to cause them to adhere. A buttered paper should be laid over the top of the pie to protect the crust, and the pie must be carefully watched, so that the outside does not take too deep a colour whilst the contents are cooking.

Time— $2\frac{1}{2}$ hours.

Sufficient for 1 large pie.

No. 571.—GAME (Raised Pie of).

Ingredients—

2 brace of partridges, grouse, or other birds, forcemeat No. 538, raised crust No. 395, made with 1 lb. flour, and other ingredients in proportion, $\frac{1}{2}$ pint gravy jelly No. 613, 2 hard-boiled eggs, seasoning pepper and salt, yolk of an egg.

Method—

Butter a raised pie-mould and line it with crust, reserving sufficient for the cover. Spread a very thin layer of forcemeat at the bottom of the pie, and place on it some of the pieces of game, which must be cut into small neat joints, sprinkle them with pepper and salt, and build the pie up in a dome shape, filling the interstices with more forcemeat until all the pieces are used. Cut the eggs into slices, lay them round the edge of the pie, and pour in the gravy jelly, which must be warmed just enough to become liquid. Roll out the cover, place it on top, fasten the edges together securely, and ornament them neatly. Make a wreath of small pastry leaves, and decorate the top of the pie with these, slightly moistening their under-side, that they may adhere properly. Brush the pie with a pastry-brush dipped in beaten egg-yolk, and bake in a good oven for 3 hours. A buttered paper should be laid over the top of the pie to protect the crust as soon as the pie is nicely coloured. The pie should be left in its mould until cold, when the mould must be carefully undone and lifted away, and the pie garnished with very fresh parsley before it is sent to table. If liked, the lid of the pie may be removed, and replaced by a thick layer of very fresh and delicately made aspic, lightly chopped.

Time—3 hours.

Sufficient for 1 large pie.

No. 572.—GAME (Rissoles of).

Ingredients—

Remains of cold game, $\frac{1}{2}$ pint stock, $\frac{1}{2}$ small onion, $\frac{1}{2}$ oz. butter, the yolks of 2 eggs, seasoning salt and cayenne, 1 egg, breadcrumbs, frying fat.

Method—

Carefully remove all skin and fat from the game, and chop it finely. Cut up the onion, and fry it with the butter for 5 or 6 minutes. Strain off any fat, add the bones and skin of the game, and cover with the cold stock. Stew this for 1 hour. Then strain the broth into a fresh saucepan, and boil it rapidly until reduced to $\frac{1}{4}$ of a pint. Take it off the fire and let it cool for 5 or 6 minutes. Beat and strain the yolks of 2 eggs and add them to it. Mix well, add the game and seasoning, and stir all over the fire until the sauce is very thick, but do not allow it to *boil*, or it will curdle instantly. Set it aside to cool in a basin, and when cold, make it into small rolls about $2\frac{1}{2}$ inches long and 1 inch deep. Dip these into beaten egg, cover them with fine breadcrumbs, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet, plunge the basket into this, and fry the rissoles a light golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley.

*Time—*To make gravy, about $1\frac{1}{4}$ hours. To cook mixture, 10 to 15 minutes.

To fry rissoles, 6 or 7 minutes.

Sufficient for 8 or 10 rissoles.

No. 573.—GAME SOUP.

Ingredients—

Remains of a brace of birds, 1 oz. fresh breadcrumbs, $\frac{1}{2}$ small onion, $\frac{1}{2}$ oz. butter, 3 pints stock, 1 tea-spoonful arrowroot, 1 wine-glassful claret or port, seasoning salt and cayenne.

Method—

Take all the flesh off the birds, and set it aside. Melt the butter in a stewpan, and fry the onion in it for 7 or 8 minutes; pour off all fat, add the bones and trimmings of the game, cover them with the cold stock, and stew gently for 3 hours; then strain, and set aside to cool. When cold, skim off every particle of fat, and heat the stock in a fresh saucepan. Mince the meat and pound it and the breadcrumbs together in a mortar, moistening them with one or two spoonfuls of game stock, then stir this into the hot stock; add the wine and arrowroot smoothly mixed, and stir all until the soup is nicely thickened, when season with a little salt and cayenne, and serve.

*Time—*To make stock, about 3 hours. To heat and thicken soup, 10 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 574.—GARNISHING (Remarks on).

Garnishing, in general, must be simple in design and colouring, and care should be taken that it is not *overdone*. Parsley and cress are most used, and these should be perfectly fresh and well washed. Boiled fish should be garnished with fresh, and fried fish with fried parsley. Lemons cut into thin slices or small devices are suitable with both. Lobster-coral alternated with fresh parsley is an effective garnish to turbot, and the coral may also be used to form a design on the fish.

Roast chickens and fowls should be garnished with watercress. Boiled fowls covered in sauce look well with hard-boiled yolk of egg rubbed through a fine sieve on to the breast of the bird. Game need not be decorated. Joints of boiled or braised beef and mutton should have small heaps of the vegetables cooked with them, carefully arranged round the dish.

The decoration of hot dishes must, of course, be quickly done, that the meat may not cool during the process.

In garnishing cold dishes a little more latitude may be allowed, and time is then not so much an object. Beef should be garnished with little heaps of scraped horse-radish and sprigs of fresh parsley. Aspic, in croûtons, or chopped, may be employed to garnish all cold meats with good effect. In garnishing sweets, such as trifles, a great deal may be done by the dainty combination of colour to be obtained from angelica, glacé cherries, and apricots, etc. Natural taste is necessary, but a little care and trouble will be well repaid. More precise directions for garnishing various dishes will be found included in the recipes for them.

No. 575.—GENOISES.

Ingredients—

3 eggs, 3 oz. flour, 1 oz. ground almonds, 1 oz. sugar, 1 table-spoonful cream, $\frac{1}{2}$ oz. butter.

Method—

Beat and strain the eggs. Dredge in the flour, almonds, and sugar, beating all the time. Add the butter, melted, but not hot, and the cream, which must be whipped. Beat well for 3 minutes, and pour the mixture into a shallow buttered tin. Bake in a moderate oven, testing it with a skewer in the usual way. Turn it out when cooked, and put it in a cool place. Serve the genoises cold, cut into small rounds or squares.

*Time—*About 25 minutes.

Sufficient for 12 little cakes.

No. 576.—GERMAN PUFFS.

Ingredients—

2 eggs, 2 oz. flour, 2 oz. butter, 1 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Beat and strain the eggs, then stir

into them the sugar and flour. Add the milk gradually; mix well, and put all into a lined saucepan with the butter, and stir over a gentle fire until the mixture thickens as for custard. Then pour it into buttered dariole moulds, and bake in a moderate oven until lightly browned. Turn them out carefully. Sift sugar over, and serve hot.

*Time—*30 minutes.

Sufficient for 7 or 8 puffs.

No. 577.—GIN PUNCH.

Ingredients—

$\frac{1}{2}$ bottle unsweetened gin, a liqueur-glass of maraschino, $\frac{3}{4}$ pint water, $\frac{1}{4}$ pint lemon juice, 6 lumps sugar, lemon peel.

Method—

Squeeze as many lemons into a tumbler as will produce $\frac{1}{4}$ pint of juice. Rub 2 of the 6 lumps of sugar upon the rind of one of the lemons till they are yellowish with the expressed oil. Put the 6 lumps of sugar into the lemon juice. Pour the water, lemon juice, and sugar into a bain-marie saucepan, and let the mixture simmer for 10 or 15 minutes. Pour the maraschino into the gin, let them mix thoroughly and then stir them, not too fast, into the saucepan. Let the whole mixture simmer for about a minute, up to something a little beyond drinking point, and serve in small tumblers.

A glass of green Chartreuse may be substituted for the maraschino.

*Time—*15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 578.—GIN SAUCE.

Ingredients—

$\frac{1}{4}$ pint gin, $\frac{1}{4}$ pint water, 4 lumps sugar, a small $\frac{1}{2}$ tea-spoonful arrowroot, juice of $\frac{1}{2}$ a lemon.

Method—

Put the sugar and water into a small saucepan, and boil them together for 5 minutes. Mix the arrowroot smoothly with the lemon juice. Add this with the gin to the sugar and water. Bring again to the boil, simmer for 2 or 3 minutes until slightly thickened; strain into a very hot sauce-boat, and serve.

*Time—*Altogether, about 10 minutes.

Sufficient for 4 or 5 persons.

No. 579.—GINGER-BEER.*Ingredients—*

1 oz. ground ginger, 1 oz. German yeast, thick slice toast, rind of 1 and juice of 3 lemons, 2 lbs. loaf sugar, $\frac{1}{2}$ oz. cream of tartar, 2 gallons boiling water.

Method—

Cut the lemon peel very thin, and put it with the strained juice into a large earthenware bowl. Add the ground ginger, cream of tartar, and loaf sugar. Spread the yeast on a thick slice of toast, add it to the other ingredients, and pour over all 2 gallons of boiling water. Mix all well together, taking care not to break the toast, and set the bowl aside for 24 hours. At the end of that time take out the toast and skim off any particles of yeast there may be floating on the surface. Then fill the bottles (which should be of stone, as wine bottles would break), taking great care not to disturb the thick sediment at the bottom of the bowl, which must not be used. Then cork the bottles carefully with new corks, which must be previously soaked in boiling water for 10 minutes to cause them to shrink, drive the corks firmly in, and tie them down with stout twine. Lay the bottles on their sides in a cool place. The ginger-beer will be ready for use in 2 days.

Sufficient for 18 bottles.

No. 580.—GINGER BISCUITS (Plain).*Ingredients—*

1 lb. flour, 2 oz. butter, 2 oz. sugar, $\frac{1}{2}$ oz. ground ginger, $\frac{1}{2}$ pint milk.

Method—

Rub the butter into the flour, add the sugar and ginger, and mix well. Then make the mixture into a smooth paste with the milk, using a wooden spoon. Turn the dough on to a pastry board, roll it out, then stamp out the biscuits with a cutter, prick them, and bake in a moderately quick oven until crisp.

*Time—*15 to 20 minutes.

Sufficient for about 1 $\frac{1}{4}$ lbs. of biscuits.

No. 581.—GINGER-BREAD.*Ingredients—*

$\frac{1}{2}$ lb. flour, 10 oz. golden syrup, 2 oz. butter, 2 oz. candied orange peel, 2 oz. brown sugar, $\frac{1}{2}$ oz. ground ginger, 2 eggs.

Method—

Beat and strain the eggs. Mix the syrup with them, and sift in the flour. Cut the orange peel into small pieces, and add it together with the sugar and ginger, beating all the time. Then add the butter, which must be melted, but not hot, and beat the mixture thoroughly. Pour it into a buttered tin, and bake in a moderately quick oven, covering the top with a buttered paper when half done. When cooked, let it cool partly before turning out of the tin.

*Time—*1 hour.

Sufficient for 1 good sized cake.

No. 582.—GINGER-BREAD (Another Recipe).*Ingredients—*

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. golden syrup, $\frac{1}{4}$ lb. ginger preserved in syrup, 2 oz. butter, 2 oz. sugar, $\frac{1}{4}$ oz. ground ginger, 3 eggs.

Method—

Beat and strain the eggs. Mix the syrup with them, and sift in the flour and ground ginger. Add the preserved ginger cut into very small pieces, and the sugar, and beat well. Then add the butter, which must be melted, but not hot, and beat the mixture thoroughly. Pour it into a buttered cake-tin, and bake it carefully in a moderately quick oven.

*Time—*1 hour.

Sufficient for 1 good sized cake.

No. 583.—GINGER-BREAD NUTS.*Ingredients—*

$\frac{3}{4}$ lb. flour, 6 oz. treacle, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. moist sugar, $\frac{1}{4}$ oz. ground ginger, 1 oz. preserved ginger, 1 oz. candied orange peel.

Method—

Chop the preserved ginger and orange peel finely, and mix them with the flour, sugar, and ground ginger. Warm the treacle and butter in a small saucepan, and mix these smoothly with the other ingredients into a light paste, using a wooden spoon. Drop the mixture in tea-spoonfuls on to buttered paper, and bake in a moderately quick oven until crisp.

*Time—*About 20 minutes.

Sufficient for about 1 $\frac{1}{4}$ lbs.

No. 584.—GINGER CREAM.*Ingredients—*

2 oz. ginger preserved in syrup, 2 table-spoonfuls of the ginger syrup, 4 oz. pounded sugar, 3 eggs, 1 pint milk, $\frac{3}{4}$ oz. isinglass, $\frac{1}{4}$ pint cream.

Method—

Soak the isinglass in the milk for a few minutes. Add the sugar, and let them become very hot. Beat the eggs,

and strain them into a basin. Then add the hot milk gradually, stirring all the time. Strain the mixture into a saucepan again, and thicken as for custard, then set it aside in a cool place until it is lukewarm.

Whip the cream to a stiff froth, stir the ginger syrup into the custard, and gradually beat this into the cream, and continue beating until they are perfectly mixed. Then stir in the preserved ginger finely chopped, and pour the cream into a well-wetted mould. Set it aside in a cool place until quite firm. It must be made some hours before it is required.

Sufficient for 1 $\frac{1}{2}$ -pint mould.

No. 585.—GINGER PUDDING.*Ingredients—*

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. suet, $\frac{1}{2}$ lb. moist sugar, $\frac{1}{4}$ oz. ground ginger, $\frac{1}{2}$ pint ginger sauce.

Method—

Chop the suet very finely, and mix it well with the flour, sugar, and ginger. Put the mixture into a well-buttered basin without adding any liquid. Place a buttered paper over the top. Tie down securely in a floured cloth, and plunge into a saucepan of boiling water. When cooked, turn it out carefully, and pour the ginger sauce round, or serve it separately if preferred.

*Time—*4 hours.

Sufficient for 4 or 5 persons.

No. 586.—GINGER PUDDING (Very good).*Ingredients—*

4 oz. preserved ginger, 8 oz. flour, 4 oz. castor sugar, 1 tea-spoonful powdered ginger, 4 oz. butter, 4 eggs, $\frac{1}{2}$ pint ginger sauce.

Method—

Cut the ginger into small dice, and

put it with the flour, sugar, and powdered ginger into a basin, and mix well together. Beat the eggs thoroughly, strain them, and add them to the pudding gradually, beating it well. Melt the butter, and add it, a small quantity at a time, beating the pudding well as each portion is added. Butter a mould or pudding basin; fill it two-thirds full with the mixture, put a thickly-buttered paper over the top, and tie down securely in a floured cloth. Plunge the pudding into boiling water, and keep it covered with water until cooked. Turn out the pudding on to a hot dish, sift pounded sugar over, and serve with ginger sauce.

Time— $2\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 587.—GINGER SAUCE.

Ingredients—

$\frac{1}{4}$ pint ginger wine, $\frac{1}{4}$ pint water, $\frac{1}{4}$ tea-spoonful ground ginger, 1 tea-spoonful arrowroot, 1 tea-spoonful sugar.

Method—

Put the sugar and water into a small saucepan to become hot. Mix the ginger and arrowroot smoothly with the wine. Stir these into the water, and continue stirring over a gentle fire until the sauce is slightly thickened, and looks bright and transparent. Simmer for 2 or 3 minutes, then strain and serve.

Time—About 5 or 6 minutes.

Sufficient for 4 or 5 persons.

No. 588.—GINGER SAUCE (Very good).

Ingredients—

$\frac{1}{4}$ pint ginger wine, 3 table-spoonfuls syrup of preserved ginger, 1 table-spoonful ginger brandy, 1 small tea-spoonful arrowroot.

Method—

Mix the arrowroot smoothly with a

spoonful of the ginger syrup. Put the remainder of the syrup and the ginger wine into a small saucepan to become hot. Then stir into them the arrowroot, and simmer until the sauce is slightly thickened, stirring all the time, add the ginger brandy, simmer for 1 minute, strain, and serve.

Time—6 or 7 minutes.

Sufficient for 4 or 5 persons.

No. 589.—GLAZING (Directions for).

Method—

Melt the glaze in a small glaze-pot, or in a jam-pot, set in a saucepan of boiling water, and with a pastry-brush brush the meat over with the hot liquid. A second coat may, with advantage, be given. The appearance of all cold joints is immensely improved by glazing, and hot joints well repay the trouble by their excellent appearance. In the latter case, the glazing must be done very expeditiously, or the joint would cool, and lose in taste what it gained in appearance.

Glaze can so easily be prepared by boiling down good brown stock or gravy, that no household need be without it.

Meat brushed over with glaze will keep good and fresh for some days.

No. 590.—GLAZE (To reduce Gravy to).

Method—

Boil the stock rapidly until it is very much reduced and begins to thicken. Then stir constantly until it coats the spoon as thickly as treacle, when pour it into a small jar, and set aside for use. When required, set the jar containing it in a saucepan of boiling water, and boil until the glaze is liquid.

No. 591.—GLAZING (For Tarts and Pastry).*Ingredients—*

The white of 1 egg, 1 large table-spoonful pounded sugar.

Method—

Beat the white of egg to a stiff froth, and with it brush over the tart or tartlets when half-baked. On this sprinkle the sifted sugar thickly, and put the tart back to finish cooking. The sugar will melt and form a semi-transparent glazing.

Sufficient for 1 large tart or 12 tartlets.

No. 592.—GOLDEN PUDDING.*Ingredients—*

$\frac{1}{2}$ lb. breadcrumbs, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. marmalade, 4 eggs, marmalade sauce No. 873.

Method—

Chop the suet very finely, and mix it with the breadcrumbs. Add the sugar and marmalade and stir well. Beat and strain the eggs, moisten the pudding with them, and put the mixture in a well-buttered basin. Place a buttered paper over the top, tie down securely in a floured cloth, and plunge the pudding into boiling water. When cooked, turn it out carefully, and serve with sifted sugar and marmalade sauce.

*Time—*3 hours.

Sufficient for 5 or 6 persons.

No. 593.—GOOSE (Hashed).*Ingredients—*

The remains of cold roast goose, 1 large or 2 small onions, 1 oz. butter, $\frac{3}{4}$ pint stock, 1 dessert-spoonful flour, 1 table-spoonful mushroom ketchup, small wine-glass port, seasoning pepper and salt.

Method—

Cut up the goose into small, neat

pieces, and remove all fat, skin, and gristle. Melt the butter in a small stewpan. Chop the onion, and fry it in the butter for a few minutes. Add the bones of the goose, and pour in $\frac{3}{4}$ pint of boiling stock. Simmer this gently for an hour, then strain the liquor into another saucepan, and boil until reduced to rather less than $\frac{1}{2}$ pint. Mix the flour smoothly with the mushroom ketchup and the port wine, and stir it into the liquor; add a seasoning of pepper and salt, and continue stirring until the sauce is nicely thickened. Add a few drops of browning, if it is not a good colour. Draw the saucepan aside, put in the pieces of goose, and allow them to heat through slowly, but thoroughly, by the side of the fire. Serve very hot, garnished with croûtons of fried bread.

*Time—*To make sauce, 1 $\frac{1}{4}$ hours.

To heat goose, 25 to 30 minutes.

No. 594.—GOOSE (Roast).*Ingredients—*

1 goose, sage and onion stuffing No. 1045, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy No. 612, $\frac{1}{2}$ pint apple sauce.

Method—

Choose a plump goose with a clean, white skin and yellow feet. Make a sage and onion stuffing, as directed, put it into the body of the goose, and secure it firmly at both ends.

Roast it in front of a brisk fire, or in a good oven, and baste it continually with plenty of clarified dripping. When cooked take it up, remove the skewers and trussing strings, and serve on a very hot dish with a little brown gravy poured round, and the rest of the gravy and the apple sauce served separately in sauce-boats.

*Time—*A goose of moderate size, 1 $\frac{1}{2}$ hours.

A large goose, 1 $\frac{3}{4}$ to 2 hours.

Sufficient for 7 to 10 persons.

No. 595.—GOSLING (Roast).

Ingredients—

1 gosling, 2 oz. butter, seasoning pepper and salt, clarified dripping for basting, 1 table-spoonful flour, $\frac{1}{2}$ pint brown gravy No. 612, $\frac{1}{2}$ pint apple or gooseberry sauce.

Method—

Goslings should not be stuffed. Put the butter and a seasoning of pepper and salt into the body, and roast the bird carefully, basting it constantly with plenty of clarified dripping. Ten minutes before serving, dredge the flour over the breast, and baste well so that it is nicely frothed and browned. Put the gosling on a hot dish, remove the skewer and trussing strings, pour a little gravy round, and serve the rest of the gravy and the apple or gooseberry sauce in sauce-boats.

*Time—*About 45 minutes.

Sufficient for 5 or 6 persons.

No. 596.—GOOSEBERRIES (Compôte of).

Ingredients—

1 $\frac{1}{2}$ pints gooseberries, 6 oz. moist sugar, $\frac{3}{4}$ pint water.

Method—

Put the sugar and water into a saucepan, and boil them together for 10 minutes. Top and tail the gooseberries, wash them and dry them on a clean cloth. Put them into the syrup, and simmer them gently until tender, but not broken. Take them up very carefully, and place them in a silver or glass dish. Boil up the syrup quickly for 5 minutes. Let it cool a little, then pour it over the gooseberries, and set them aside until quite cold.

*Time—*To simmer gooseberries, 10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 597.—GOOSEBERRY FOOL.

Ingredients—

1 $\frac{1}{2}$ pints gooseberries, 6 oz. sugar, 2 table-spoonfuls water, $\frac{1}{4}$ pint cream.

Method—

Top and tail the gooseberries, put the fruit, sugar, and water into a saucepan, and cook them together until quite soft. Then rub them through a fine sieve to remove pips and skins, and set them aside to cool. Beat the cream to a stiff froth, and, when the gooseberry pulp is quite cold, add it, a table-spoonful at a time, to the cream, mixing them well together. When all is added, heap the fool neatly in a silver or glass dish, and serve very cold.

*Time—*To cook gooseberries, 15 to 20 minutes.

Sufficient for 5 or 6 persons.

No. 598.—GOOSEBERRY JAM (Green).

Ingredients—

6 lbs. green gooseberries, 4 $\frac{1}{2}$ lbs. sugar.

Method—

Top and tail the gooseberries, and cut some of them across, so that the juice may flow readily, and prevent the fruit sticking to the saucepan. Boil them for 10 minutes, stirring well, then add the sugar, and boil again for about 45 minutes, stirring the jam continually, and removing all scum as it rises. Try a little of the jam on a plate, and as soon as it sets pour the jam into pots, and tie down whilst hot.

*Time—*About 1 hour.

Sufficient for about 8 lbs. of jam.

No. 599.—GOOSEBERRY JAM (Red).

Ingredients—

6 lbs. ripe red gooseberries, 2 $\frac{1}{2}$ lbs. sugar.

Method—

Top and tail the gooseberries, and cut some of them across, put them in

a preserving-pan, and boil them for 45 minutes. Then add the sugar, and boil again for about 20 minutes, stirring the jam continually, and removing all scum as it rises. Try a little of the jam on a plate, and as soon as it sets pour it into pots, and tie down whilst hot.

Time—About 1 hour and 5 minutes.

Sufficient for about 7 lbs of jam.

No. 600.—GOOSEBERRY PUDDING (Baked).

Ingredients—

1 pint gooseberries, 4 oz. moist sugar, 2 table-spoonfuls water, 6 oz. fresh breadcrumbs, 3 oz. pounded sugar.

Method—

Top and tail the gooseberries, wash them, and put them in a $1\frac{1}{2}$ -pint pie-dish. Strew the moist sugar over them, and pour in the water. Mix the fresh breadcrumbs with the pounded sugar. Pour them into the pie-dish, and smooth them evenly over the gooseberries. Bake in a rather quick oven until the crust is firm and delicately browned.

Time—About 45 minutes.

Sufficient for 3 or 4 persons.

No. 601.—GOOSEBERRY PUDDING (Boiled).

Ingredients—

$1\frac{1}{2}$ pints gooseberries, 6 oz. moist sugar, crust No. 396 or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Top and tail the gooseberries, and wash them. Butter a pudding-basin, and line it with paste rolled out to about $\frac{1}{4}$ inch thickness. Fill the basin with fruit mixed with the sugar, and cover it with crust, fitting it in

neatly, and pinching the edges together. Tie it down in a floured cloth, plunge it into boiling water, and boil it carefully until thoroughly cooked. Turn it out on to a hot dish. Sift pounded sugar over, and serve plain cream or a boiled custard with it.

Time—With butter crust, $2\frac{1}{2}$ hours.

With suet crust, $3\frac{1}{2}$ to 4 hours.

Sufficient for 5 or 6 persons.

No. 602.—GOOSEBERRY SAUCE.

Ingredients—

$\frac{1}{2}$ pint gooseberries, $\frac{1}{4}$ pint water, $\frac{1}{2}$ oz. butter, 1 small tea-spoonful sugar.

Method—

Top and tail the gooseberries, wash them, put them in a lined saucepan with the water, and boil them rapidly until soft enough to mash. Then rub them through a fine sieve to remove the skins and pips; put the pulp in a fresh saucepan and heat it to boiling point. Then add the butter and sugar off the fire, stir well until the butter is melted, but do not again put the saucepan on the fire. Have ready a hot sauce-boat, and serve the sauce immediately.

Time—Altogether, about 20 minutes.

Sufficient for 5 or 6 persons.

No. 603.—GOOSEBERRY TART.

Ingredients—

$1\frac{1}{2}$ pints gooseberries, 6 oz. moist sugar, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Top and tail the gooseberries, and wash them. Arrange them in a pie-dish with a small cup or jar in the centre, and sprinkle the sugar over them. Make the crust as directed, cut off a long thin strip and lay it on the edge of the dish, then roll out the

cover and lay it over the top. Bake in a good oven, and cover the top with a buttered paper should it seem inclined to burn. Sift pounded sugar over it, and serve with plain cream or boiled custard.

Time—40 to 45 minutes.

Sufficient for 5 or 6 persons.

No. 604.—GOOSEBERRY TRIFLE.

Ingredients—

1½ pints gooseberries, 6 oz. sugar, ½ pint boiled custard, ½ pint cream, 2 oz. ratafias, 2 oz. angelica.

Method—

Put the gooseberries and sugar in a jar with a table-spoonful of water. Stand the jar in the oven, or in a saucepan of boiling water, and cook the gooseberries until they are reduced to a pulp. Put this at the bottom of a deep glass dish, pour over it the boiled custard, and let them become quite cold. Whip the cream to a stiff froth and heap it on the custard. Garnish with a ring of ratafias and a little chopped angelica.

Time—To cook gooseberries, 1 hour.

Sufficient for 5 or 6 persons.

No. 605.—GRAPE JELLY.

Ingredients—

To each pound of juice allow 14 oz. sugar.

Method—

Remove the grapes from their stalks, and put them in a preserving-pan over a gentle fire. Stir them constantly until they have all burst and yielded their juice. Then strain through a fine sieve lined with a very clean piece of muslin. Weigh the juice, return it to the pan, and boil it quickly for 20 minutes. Then add sugar in the above proportion, and boil again for another 15 or 20 minutes, stirring constantly and removing all scum. Try a little on

a plate, and as soon as it sets pour the jelly into pots, and tie down whilst hot.

Time—Altogether about 1½ hours.

No. 606.—GRAPE TART.

Ingredients—

1½ lbs. grapes, 10 oz. sugar, 1 table-spoonful of water, crust No. 402 or No. 403 made with ½ lb. flour, and other ingredients in proportion.

Method—

The second thinnings of grapes make an excellent tart. Pick the fruit from the stalks, and arrange it in a pie-dish. Add sugar in above proportion, and about a table-spoonful of water. Cut a thin strip of paste, and lay it round the edge of the dish. Roll out the cover, place it on the top, and ornament the edges neatly. Bake in a moderate oven, covering the top with a buttered paper should it seem inclined to burn. When cooked, sift sugar thickly over it, and serve with cream and sifted sugar handed round.

Time—30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 607.—GRAVIES (Remarks on).

Directions for making gravy from the tin for roast meat are given below, and this is the most satisfactory method to employ for beef, mutton, etc. Poultry and game must have a little gravy made separately, either prepared from the trimmings of the birds, or from a little fresh meat, unless there is some light stock in the larder when that may be used instead. Gravy for game should, if possible, be made from the trimmings and bones of a bird prepared for a previous meal. In households where game is frequently eaten, there is generally a carcass and trimmings of some game bird, which, stewed down with a few vegetables, would produce a small quantity of well-flavoured gravy for the fresh bird.

Gravies should never be *thick*, but should very lightly coat the spoon. A small quantity of arrowroot should be used for the purpose of giving a slight consistency to the gravy. It is more delicate and lighter than flour, and also gives a clear, transparent look to the gravy. All gravies must be absolutely free from fat.

No. 608.—GRAVY, BROWN.

Ingredients—

1 lb. shin of beef, 2 oz. lean ham, 1 oz. butter, 1 small onion, 1 carrot, 1 sprig parsley and thyme, 6 pepper-corns, $\frac{1}{2}$ tea-spoonful salt, $1\frac{1}{2}$ pints water, 1 small tea-spoonful arrowroot.

Method—

Melt the butter in a stewpan. Cut the ham, onion, and carrot into dice, and stir them over the fire until well browned. Pour off any butter remaining and add the shin of beef, cut into small pieces, and the seasonings, pour in the water, bring all to the boil, and simmer gently for 2 hours. Strain through a sieve, and set aside to cool. When cold, carefully remove all the fat, and heat the stock to boiling-point. Mix the arrowroot with a table-spoonful of cold water, stir this into the stock, and boil the gravy for 2 or 3 minutes until nicely thickened. Add 2 or 3 drops of browning, if necessary, to give a rich colour, and the gravy is ready for use.

Time—To fry ham and vegetables, about 10 minutes.

To simmer stock, 2 hours.

To heat and thicken gravy, about 10 minutes.

Sufficient for 1 pint of gravy.

No. 609.—GRAVY, BROWN (Without Meat).

Ingredients—

1 oz. butter, 1 medium sized carrot, 2 small onions, 1 sprig parsley, 6 pepper-

corns, 1 salt-spoonful salt, 1 table-spoonful flour, a few drops browning, 1 pint water.

Method—

Melt the butter in a stewpan, cut the carrot and onions into dice, and fry them for 7 or 8 minutes. Then dredge in the flour, stirring carefully all the time, and cook for 4 or 5 minutes. Add the parsley, pepper, and salt, pour in the water, and boil all together for an hour, by which time the gravy should be reduced to $\frac{3}{4}$ pint. Strain the gravy through a fine sieve, colour a rich brown with a few drops of browning, and serve very hot.

Time—Altogether, 1 hour and 10 minutes.

Sufficient for $\frac{3}{4}$ pint gravy.

No. 610.—GRAVY (For Roast Fowl).

Ingredients—

$\frac{1}{2}$ pint stock, 1 oz. ham, 1 oz. butter, $\frac{1}{2}$ a small onion, 1 sprig parsley, seasoning pepper and salt, $\frac{1}{4}$ tea-spoonful arrowroot.

Method—

Melt the butter in a small saucepan, put in the ham and onion, both of which must be finely chopped, and stir them over the fire until they are nicely browned. Then drain off any butter remaining, add the stock, parsley, and seasoning, and boil for 30 minutes. Mix the arrowroot smoothly with a spoonful of cold stock or water, add it to the boiling gravy, and stir for 4 or 5 minutes over the fire until very slightly thickened. Strain and serve.

Time—To fry ham and onion, about 5 minutes.

To cook gravy, 30 minutes,

Sufficient for 5 or 6 persons.

No. 611.—GRAVY (For Fowl, Another Recipe).

Ingredients—

The neck of a fowl, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ small carrot, $\frac{3}{4}$ pint water, seasoning

pepper and salt, 6 peppercorns, a very little cayenne, $\frac{1}{4}$ tea-spoonful arrowroot.

Method—

Cut the neck of the fowl into several pieces, and chop the carrot small. Brown these together in the butter, pour in the water, add the peppercorns and other seasoning, and stew all together for 1 hour. The gravy should, by then, be reduced to $\frac{1}{2}$ a pint. Mix the arrowroot smoothly with a spoonful of cold stock or water, add it to the boiling gravy, and stir for 4 or 5 minutes over the fire until very slightly thickened. Strain and serve very hot.

*Time—*To fry, 5 or 7 minutes.

To cook gravy, 1 hour.

Sufficient for 5 or 6 persons.

No. 612.—GRAVY (For Game).

Ingredients—

$\frac{1}{2}$ pint game or ordinary stock, 1 oz. ham, $\frac{1}{2}$ oz. of butter, 6 peppercorns, $\frac{1}{4}$ tea-spoonful arrowroot.

Method—

Cut the ham into small dice, and fry it with the butter for 5 or 6 minutes. Pour off any of the butter remaining. Add the stock and peppercorns, and boil for 30 minutes. Mix the arrowroot smoothly with a spoonful of cold stock or water, add it to the boiling stock, and stir for 4 or 5 minutes over the fire until very slightly thickened. Strain and serve.

*Time—*Altogether, about 40 minutes.

Sufficient for 5 or 6 persons.

No. 613.—GRAVY JELLY (For Meat Pies).

Ingredients—

1 lb. shin of beef, 1 lb. neck of veal, 2 oz. lean ham, 2 oz. butter, $\frac{1}{2}$ small onion, 1 carrot, $\frac{1}{2}$ small tea-spoonful salt, 6 peppercorns, $1\frac{1}{2}$ pints water.

Method—

Cut the ham into dice, and fry it in the butter for 3 or 4 minutes. Then add the beef and veal, cut into small pieces, and the seasonings. Pour in the water, and bring all to boiling-point, and add the vegetables. Simmer gently until the stock is reduced to a pint, then strain, and set aside to cool.

When required for use, melt the jelly, and pour it into the pie.

*Time—*To simmer, 2 hours.

Sufficient for 1 large or 2 small pies.

No. 614.—GRAVY (For Roast Joints).

Sufficient gravy for the joint can generally be obtained by straining off all the dripping in the tin in which the meat was cooked, adding, according to the size of the joint, from $\frac{1}{4}$ to $\frac{1}{2}$ pint of really boiling water with a pinch of salt, and stirring them well together. The gravy thus obtained should be strained round, but not over the joint, and the meat sent to table instantly. Great care must be taken to pour off all the dripping, or the gravy will be greasy, and the cooling fat will cake round the spoon and the inside of the dish before the joint is removed from table. This always gives a slovenly and unappetising appearance to the meat, and is entirely unnecessary if care be taken.

No. 615.—GRAVY, ORANGE (For Wild Duck).

Ingredients—

$\frac{1}{2}$ pint of brown gravy No. 612, 1 wine-glassful port, the rind of $\frac{1}{2}$ a Seville orange, a small lump of sugar, a very little cayenne pepper, $\frac{1}{4}$ tea-spoonful arrowroot.

Method—

Boil the gravy for 5 minutes with the orange rind and the sugar. Take out the orange rind, mix the arrowroot and port smoothly together, add them to the gravy with the cayenne, and

boil altogether for 3 or 4 minutes until slightly thickened. Then strain, and serve very hot.

Time—Altogether, about 16 minutes.

Sufficient for 5 or 6 persons.

No. 616.—GRAVY SOUP.

Ingredients—

2 lbs. shin or leg of beef, 4 oz. lean ham, 1 oz. butter, 3 pints water, 2 carrots, 1 onion, 1 turnip, $\frac{1}{2}$ head celery, 1 sprig parsley and of thyme, 1 tea-spoonful salt, 12 peppercorns, 1 tea-cupful cold water.

Method—

Melt the butter in a stewpan, cut the beef and ham into dice, and fry them in the butter for 7 or 8 minutes until nicely browned, stirring them occasionally with a wooden spoon to prevent them from sticking to the pan. Pour in the water, and bring it to boiling-point. Skim carefully, and throw in a tea-cupful of cold water to assist the scum to rise. When the broth seems clear, put in the vegetables, cut into small pieces, and the seasonings, and stew all gently for 4 hours. Strain the soup, and set it aside to cool. When required for use, remove every particle of fat, heat the soup to boiling-point, and serve.

Time—4 hours.

Sufficient for 4 or 5 persons.

No. 617.—GREENGAGES (Compôte of).

Ingredients—

1 lb. greengages, 3 oz. moist sugar, $\frac{1}{2}$ pint water.

Method—

Remove the stalks from the greengages, and reject any unsound fruit. Boil the sugar and water together for 10 minutes, put in the greengages, and simmer them very gently until tender, taking great care that they do not break, and removing all scum. When

tender, lift out the greengages carefully, and arrange them in a silver or glass dish. Boil the syrup quickly for 5 minutes, let it cool a little, then pour it over the fruit, and set it aside until quite cold.

Time—To simmer the greengages, 12 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 618.—GREENGAGE JAM.

Ingredients—

6 lbs. greengages, 4 lbs sugar.

Method—

Choose ripe greengages, remove the stalks, and reject all unsound fruit. Halve the fruit, and put it into a preserving-pan over the fire. Boil it quickly for 40 minutes, stirring occasionally, and picking out the stones as they rise to the surface, then add the sugar, broken into small pieces, and boil again for about 15 minutes, stirring constantly, and removing all scum. Try a little on a plate, and as soon as it sets, pour the jam into pots, and tie down whilst hot.

Time—About 1 hour.

Sufficient for 7 or 8 lbs. of jam.

No. 619.—GREENGAGE JAM (Another Recipe).

Ingredients—

6 lbs. greengages, 3 lbs. sugar.

Method—

Choose ripe fruit, remove the stalks, and reject any unsound fruit. Skin the greengages with a silver knife, and remove the stones. Boil them quickly for 40 minutes, then add the sugar, and boil again until a little tried on a plate will set, stirring the jam constantly, and removing all scum. Pour the jam into pots, and tie down whilst hot.

Time—About 1 hour.

Sufficient for about 7 lbs. of jam.

No. 620.—GREENGAGE MARMA-
LADE.

Ingredients—

6 lbs. greengages, $3\frac{1}{2}$ lbs. sugar.

Method—

Let the fruit be ripe, but quite sound. Remove the stalks, and divide each greengage. Boil the fruit quickly for 40 minutes, then rub it through a sieve with a wooden spoon, thus removing skin and stones. Return the pulp to the pan, add the sugar, boil again for about 15 minutes, stirring constantly, and removing all scum. Try a little on a plate, and as soon as it sets, pour into pots, and tie down whilst hot.

*Time—*About 1 hour.

Sufficient for about 6 lbs. of marmalade.

No. 621.—GREENGAGE PUDDING.

Ingredients—

1 lb. greengages, 1 table-spoonful water, 4 oz. sugar, crust No. 396 or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Remove the stalks from the greengages. Well butter a pudding-basin, and line it with crust rolled out to about $\frac{1}{3}$ of an inch thickness. Fill the basin with the fruit and sugar mixed, and add a table-spoonful of water. Roll out the cover and fit it in carefully, pinching the edges together. Tie the pudding down in a floured cloth, and boil it in plenty of fast-boiling water. When cooked, turn it out carefully. Sift pounded sugar over, and send plain cream or boiled custard to table with it.

*Time—*With butter crust, $2\frac{1}{2}$ hours.

With suet crust, $3\frac{1}{2}$ to 4 hours.

Sufficient for 5 or 6 persons.

No. 622.—GREENGAGE TART.

Ingredients—

1 lb. greengages, 4 oz. sugar, 2 table-spoonfuls water, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Remove the stalks from the greengages, arrange them in the pie-dish, mixed with the sugar, with a small cup or jar in the centre, and pour in the water. Make a crust as directed. Roll it out to $\frac{1}{4}$ of an inch thickness. Cut off a narrow strip, and lay it round the edge of the dish. Roll out the cover, place it on the top, ornament the edge neatly, and bake the tart in a good oven, covering the top with buttered paper if it seems inclined to burn. Sift pounded sugar over the top, and send cream or boiled custard to table with it.

*Time—*About 40 minutes.

Sufficient for 5 or 6 persons.

No. 623.—GREENS (Boiled).

Ingredients—

3 lbs. turnip tops, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Wash the greens well in several waters, and take off all decayed leaves and the stalks. Put the greens into fast-boiling water, salted, and boil them quickly without the lid of the saucepan. When tender, turn them into a colander, drain them very thoroughly, press them neatly together, and serve in a very hot dish.

*Time—*18 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 624.—GROUSE PIE.

Ingredients—

3 grouse. 1 lb. rump steak, 2 oz. butter, forcemeat No. 538, $\frac{1}{2}$ pint stock or water, 2 hard-boiled eggs, 1 table-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$

tea-spoonful pepper, yolk of an egg, puff crust No. 400, made with 1 lb. flour, and other ingredients in proportion.

Method—

Melt the butter in a small stewpan. Cut each grouse in four, and the steak into pieces 2 or 3 inches long, and $1\frac{1}{2}$ inch wide. Fry the pieces of grouse and steak in the butter for 4 or 5 minutes, then turn them into a basin, and let them cool for a few minutes. Line a pie-dish with a very thin layer of forcemeat, then dip each piece of steak and grouse into the flour, pepper, and salt, which should be mixed together, and lay them in the dish, building up the pie in a dome shape, and filling the interstices with more forcemeat. Cut the eggs into slices, lay them round the edge of the dish, and pour in the stock or water. Moisten the edges of the pie-dish, lay a thin border of crust round, roll out the cover, place it on top, ornament the edges neatly, and decorate the cover with a wreath of leaves cut out of the paste, slightly wetted on the underside, and pressed lightly on the cover. Brush the pie over with a paste-brush dipped in beaten egg-yolk, and bake the pie in a good oven for 2 hours, protecting the crust with a sheet of buttered paper as soon as it has taken a nice colour.

*Time—*2 hours.

Sufficient for 1 good-sized pie.

No. 625.—GROUSE (Roast).

Ingredients—

1 brace of grouse, clarified dripping for basting, 2 slices buttered toast, $\frac{1}{2}$ pint brown gravy No. 612, $\frac{1}{2}$ pint bread sauce.

Method—

Let the birds be well hung; flour them, and put them down to roast before a clear fire or in a good oven.

Baste them continually with plenty of clarified dripping. When cooked, place them in a hot dish, remove the skewers and trussing strings, and put a slice of hot, buttered toast under each. Pour a little of the gravy round, and send the rest of the gravy and the bread-sauce to table in sauce-boats.

The dish may be garnished with small sprigs of heather.

*Time—*30 to 35 minutes.

Sufficient for 4 or 5 persons.

No. 626.—GROUSE SALAD.

Ingredients—

1 brace grouse, 2 small lettuces, a little cress, $\frac{1}{2}$ small endive, small piece beetroot, 4 hard-boiled eggs, Mayonnaise dressing No. 784.

Method—

Roast the grouse very carefully, and set them aside until quite cold. Then carve off the legs and wings, divide them neatly, and cut the breasts into neat slices. Make the Mayonnaise dressing as directed. Put a layer of salad at the bottom of the salad-bowl, dip some of the inferior pieces of grouse into the Mayonnaise, taking care that they are well covered with the sauce. Lay them on the salad, then put a little more sauce, cover with more pieces of grouse and another layer of salad, and proceed in this manner until all is used, reserving some nice slices of breast for the top layer, and building the salad up into a cone shape. Put salad over the top.

Quarter the eggs, and cut a little piece off the end so that they will stand up. Arrange them standing round the base of the salad. Chop the beetroot, and sprinkle it over the top, and let all look as fresh as possible.

Sufficient for 5 or 6 persons.

No. 627.—GRUEL (To Make).*Ingredients—*

1 dessert-spoonful Robinson's prepared groats, 1 table-spoonful cold water, $\frac{1}{2}$ pint boiling milk or water.

Method—

Mix the groats smoothly with the cold water, add the boiling milk or water to them, stirring all the time. Return all to the saucepan, and stir it over the fire for 10 minutes. Pour the gruel into a breakfast cup, and serve sugar with it, and wine if allowed.

*Time—*10 minutes.

Sufficient for 1 breakfast cup of gruel.

No. 628.—GUDGEONS (Fried).*Ingredients—*

1 doz. gudgeons, 1 egg, breadcrumbs, boiling fat for frying.

Method—

See that the fish are thoroughly cleansed, wipe them dry and flour them, then egg and breadcrumb them carefully, and put them in the frying-basket. Plunge the basket into plenty of boiling fat, and fry the gudgeons a light brown colour. Turn them on to kitchen paper to drain, and serve very hot, garnished with fried parsley. Send cut lemon to table with them.

*Time—*4 or 5 minutes.

Sufficient for 2 persons.

No. 629.—GUINEA-FOWL (Roast).*Ingredients—*

1 guinea-fowl, 1 dessert-spoonful flour, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Roast the fowl before a clear fire, or in a hot oven, and baste it con-

tinually with plenty of clarified dripping. Ten minutes before serving dredge the flour over it, and baste it until it froths nicely. Place it on a very hot dish, and remove the skewers and trussing strings. Pour a little gravy round the bird, and serve the remainder of the gravy and the bread sauce in sauce-boats.

*Time—*1 hour.

Sufficient for 5 or 6 persons.

No. 630.—GURNET (Baked.)*Ingredients—*

1 gurnet of moderate size, force-meat No. 535, or No. 541, butter or clarified dripping for basting, $\frac{1}{2}$ pint brown sauce.

Method—

See that the fish is thoroughly cleansed. Fill it with forcemeat, and tie it up with tape. Bake it in a moderate oven, keeping it carefully basted with butter or clarified dripping. When cooked, place the fish on a very hot dish, remove the tapes, and pour over it the brown gravy. Send cut lemon to table with it.

*Time—*30 to 40 minutes.

Sufficient for 2 or 3 persons.

No. 631.—GURNET (Boiled).*Ingredients—*

1 gurnet of moderate size, $\frac{1}{2}$ gallon water, 2 oz. salt, $\frac{1}{4}$ pint parsley and butter or anchovy sauce.

Method—

Bring the water to the boil, salted in above proportion. See that the fish is very thoroughly cleansed. Put it in, and simmer it very gently, skimming it carefully until done. Take it up, drain it, and serve on a hot napkin, garnished with parsley and cut lemon

Send parsley and butter or anchovy sauce in a sauce-boat to table with it.

Time—30 minutes.

Sufficient for 2 or 3 persons.

No. 632.—GRILLED BONES.

Ingredients—

Bones of cold ribs or sirloin of beef, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoonful pepper, a pinch of cayenne.

Method—

Cut off almost all the meat from the bones, and sprinkle them with the seasoning. Grill them over a clear fire until they are nicely browned, and serve at once on a very hot dish.

Time—10 to 15 minutes.

No. 633.—HADDOCK, FRESH (Baked).

Ingredients—

1 haddock, forcemeat No. 535, $\frac{1}{4}$ lb. butter or clarified dripping, $\frac{1}{2}$ pint brown sauce.

Method—

See that the fish is thoroughly cleansed, fill it with forcemeat, and tie it up with tape. Put it in a baking-tin, with the butter or dripping dotted over it, and bake in a moderate oven, basting it constantly. When cooked, place it on a very hot dish, pour a little of the gravy over and round, and send the rest to table with it in a sauce-boat. Send also a cut lemon.

Time—20 to 35 minutes, according to size.

Sufficient for 3 to 6 persons.

No. 634.—HADDOCK (Boiled).

Ingredients—

1 haddock, $\frac{1}{2}$ gallon water, 2 oz. salt, $\frac{1}{2}$ pint béchamel maigre No. 137.

Method—

See that the fish is thoroughly cleaned, and lay in a fish-kettle with sufficient warm water to cover it, salted in the above proportion. Bring gradually to the boil, skim well, and simmer gently until tender. Then take it up, drain thoroughly, and place on a very hot dish. Cover the fish with béchamel sauce, and garnish with parsley and cut lemon.

Time—15 to 25 minutes, according to size.

Sufficient for 3 to 6 persons.

No. 635.—HADDOCK, DRIED (Grilled).

Ingredients—

1 dried haddock, 1 oz. butter.

Method—

Rub the gridiron with a small piece of suet. Melt half the butter, brush the haddock with it, and grill it in front of, or over, a clean but not fierce fire for 4 or 5 minutes on each side. Put it on a hot dish, spread the rest of the butter over it, and send to table immediately.

Time—About 8 or 10 minutes.

Sufficient for 2 or 3 persons.

No. 636.—HADDOCK, DRIED (A Savoury).

Ingredients—

The best parts of a thick haddock, 1 bay leaf, $\frac{1}{2}$ tea-spoonful savoury herbs, $\frac{1}{2}$ tea-spoonful minced parsley, boiling water, 5 or 6 small slices of buttered toast, $\frac{1}{2}$ oz. butter, seasoning pepper.

Method—

Cut up the best part of the haddock into small, neat pieces about 2 inches square, put them with the bay leaf, herbs and parsley into a hot basin, and cover them with boiling water, put a plate

over the top of the basin, and let the fish remain for 10 minutes. Make some very crisp toast, and divide it into pieces a little smaller than the squares of haddock. Thoroughly drain the fish, put a piece on each slice of buttered toast, rub a little butter on each, and sprinkle over with pepper. Put a very small sprig of parsley in the centre of each, and serve very hot.

Time—10 minutes.

Sufficient for 3 or 4 persons.

No. 637.—HADDOCK, DRIED (Fried).

Ingredients—

1 haddock, 1 egg, breadcrumbs, boiling fat.

Method—

Fillet the fish, and cut each fillet into 3 neat pieces, dry them well in a clean cloth and flour them, then egg and breadcrumb them carefully, and arrange in a frying-basket. Have ready some boiling fat, plunge in the basket, and fry the fish a light golden-brown. Turn it on to kitchen paper to drain, garnish with fried parsley and cut lemon, and serve with melted butter in a sauce-boat.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 638.—HALIBUT (Stuffed and Baked).

Ingredients—

3 lbs. halibut, forcemeat No. 540, or No. 535. juice of 1 lemon, 4 oz. butter or clarified dripping, $\frac{1}{2}$ pint brown gravy.

Method—

See that the fish is thoroughly cleansed, and fill it with the forcemeat. Bind it up securely, lay it in a baking-dish, squeeze the lemon-juice over the fish, dot the butter or

dripping over, and bake in a moderate oven, basting it constantly. Drain carefully, dish on a hot dish, have ready the gravy boiling hot, pour it over the fish, and serve.

Time—about 1 hour.

Sufficient for 5 or 6 persons.

No. 639.—HALIBUT (Fried).

Ingredients—

2 lbs. halibut, 1 egg, breadcrumbs, frying fat.

Method—

Cut the halibut into oval cutlets, dip these in the egg, beaten and strained, cover them with breadcrumbs, and arrange them in a frying-basket.

Plunge them into boiling fat, and fry them a light golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley, and send melted butter or anchovy sauce to table with it.

Time—10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 640.—HAM (Baked).

Ingredients—

1 ham of 10 or 12 lbs., 1 lb. flour and water crust, raspings.

Method—

Soak the ham for 12 hours in cold water, wipe it dry, trim away any rusty parts, and cover it with a flour and water crust. Bake it in a moderate oven, and when it is cooked take off the crust and skin, cover the ham with raspings, as for boiled ham, and garnish the knuckle with a paper frill.

Time— $4\frac{1}{2}$ to 5 hours.

No. 641.—HAM (Boiled).

Ingredients—

1 ham of 10 or 12 lbs., raspings.

Method—

Soak the ham in cold water for 12 hours, or if very hard or salt, for 24 hours. Wash it very clean, and trim away any rusty parts. Put it into sufficient cold water to cover it, and bring it gradually to the boil, skimming it carefully. Simmer it very gently until cooked, but be careful that it does not stop boiling. When done, take it up, strip off the skin, and cover the ham with raspings, garnish the knuckle with a paper frill, and serve.

*Time—*To simmer 4 to 4½ hours.

No. 642.—HAM AND EGGS.*Ingredients—*

5 or 6 slices of ham, 5 or 6 eggs.

Method—

Cut the ham into thin slices, and take off the rind. Put the ham in a very clean frying-pan, and fry it crisply, turning it two or three times. Dish each piece as it is done, and keep it hot. Poach the eggs, slip each one on to a slice of ham, and serve immediately.

*Time—*To fry ham, 6 or 7 minutes.

To poach eggs, 3 minutes.

Sufficient for 3 or 4 persons.

No. 643.—HAM OMELET.*Ingredients—*

4 eggs, 1 oz. finely-chopped cooked ham, ½ tea-spoonful chopped parsley, ¼ tea-spoonful chopped onion, seasoning pepper and salt, 2 oz. butter.

Method—

Whisk the eggs for 3 or 4 minutes, and strain them; then add the ham, parsley, onion, and seasoning, and mix well. Dissolve the butter in a small frying-pan, pour in the mixture, and cook over a clear fire, stirring constantly until the omelet is set. Turn it

on to a very hot dish, fold it in two, and serve at once.

*Time—*To cook omelet, 5 or 6 minutes.

Sufficient for 2 or 3 persons.

No. 644.—HAM (Potted).*Ingredients—*

1 lb. cooked lean ham, 6 oz. cold cooked veal, 6 oz. butter, ¼ tea-spoonful of cayenne.

Method—

Free the ham and veal from fat, and mince them finely together, then pound them in the mortar to a smooth paste, gradually adding the butter and cayenne. Press the potted meat into small pots, pour a little clarified butter over the meat to exclude the air, and set them aside in a cool place. It will keep good for about 10 days.

Sufficient for about 1½ lbs. potted ham.

No. 645.—HARE (Baron of).*Ingredients—*

1 hare, 1 pint milk, 2 oz. butter, or 1 lb. clarified dripping, 1 pint brown gravy.

Method—

This is a useful way of serving a hare when the family is small. Have the hare carefully skinned and paunched, and cut it almost in half behind the shoulders. The front part of the hare is not required for this dish, and will make another excellent dish if carefully jugged with the remains of the baron. Make the hindquarters into as compact a joint as possible, running a thin skewer through the legs to keep them close to the body, and securing them with tape if necessary. Put the hare in a baking dish and roast it carefully, basting it constantly, either with milk or with clarified dripping. If cooked with

milk, use the butter to finish with when the milk is nearly used up. Serve on a very hot dish, with some of the gravy poured round the hare and the rest in a sauce-boat, and send barberry or red-currant jelly to table with it.

Time—1 hour.

Sufficient for 3 or 4 persons.

No. 646.—HARE (Jugged).

Ingredients—

1 hare, 2 onions, 6 cloves, 1 lemon, 1 oz. flour, $\frac{1}{2}$ tea-spoonful pepper, 1 tea-spoonful salt, $\frac{1}{2}$ tea-spoonful mixed sweet herbs, 6 peppercorns, pinch mixed spice, a little nutmeg, 1 pint burgundy or port, 1 pint stock, forcemeat No. 537.

Method—

Wash the hare and cut it up into neat joints. Mix together the flour, pepper, salt, and herbs, and dip each piece of hare into the mixture. Put these into a deep jar, with 1 onion peeled and stuck with cloves, and the other chopped small; add the lemon, peeled and cut in half, and the peppercorns and spices, and pour over all 1 pint of good stock and $\frac{1}{2}$ pint of burgundy or port. Tie the jar down tightly, and stand it in a moderate oven, or in a stewpan of boiling water. Make the forcemeat, divide it into small balls, and fry them crisply, and 20 minutes before serving add the forcemeat balls and the remaining $\frac{1}{2}$ pint of wine to the hare. Arrange the pieces of hare neatly on a very hot dish, taking out the lemon and the whole onion, pour the gravy over and round, and serve immediately. Barberry or red-currant jelly should always accompany this dish.

Time—4 hours.

Sufficient for 5 to 8 persons, according to size.

No. 647.—HARE (Jugged, another Recipe).

Ingredients—

Remains of cold hare, 2 small onions, 6 cloves, 1 oz. flour, $\frac{1}{2}$ tea-spoonful pepper, salt, and mixed herbs, $\frac{1}{2}$ lemon, 1 pint stock, $\frac{1}{2}$ pint burgundy or port, forcemeat No. 537.

Method—

Use a hare of which only a small portion has been eaten. Cut up the remainder into neat pieces, dip these into the mixed flour, pepper, salt, and herbs, and put them into an earthenware jar, with 1 of the onions stuck with cloves and the other chopped small, add the $\frac{1}{2}$ lemon peeled, and pour the stock over all. Tie the jar down securely, and stand it in a moderate oven, or in a stewpan of boiling water. Make the forcemeat, divide it into small balls and fry them, and 20 minutes before serving add these and the wine to the hare. Dish the hare on a very hot dish, arrange the pieces neatly, take out the whole onion and the lemon, and pour the gravy over. Serve barberry or red-currant jelly with this dish.

Time—2 hours.

Sufficient for 4 to 6 persons.

No. 648.—HARE (Roast).

Ingredients—

1 hare, forcemeat No. 537, 1 lb. clarified dripping for basting, 1 pint brown sauce No. 217.

Method—

Have the hare carefully skinned, cleaned, and trussed, and wash it well in warm water. Fill it with forcemeat, place it on a baking-tin, and put the dripping on and round it. Bake in a moderate oven, basting constantly until done. The oven must not be too hot or the hare will taste dry.

Serve on a very hot dish with some of the brown gravy, boiling hot, poured round the hare, and the remainder served in a sauce-boat. Send red currant or barberry jelly to table with this dish.

Time— $1\frac{1}{2}$ to 2 hours, according to size.

Sufficient for 4 to 6 persons.

No. 649.—HARE (Roast, Very Good).

Ingredients—

1 hare, forcemeat No. 537, 1 quart milk, $\frac{1}{4}$ lb. butter, 1 pint brown gravy No. 217.

Method—

Have the hare carefully skinned, emptied, and trussed. Wash it well in warm water, dry it in a clean cloth, and fill it with forcemeat. Put the hare in a very clean baking-tin, and pour over it the milk, baste it constantly until the milk is nearly used up, then put in the butter, and baste with it until the hare is cooked. The hare must be basted constantly the whole time of cooking, or it will be hard and dry. Dish it up carefully, have ready the gravy, boiling hot, pour some of it round the hare, serve the rest in a sauce-boat, and send barberry or red currant jelly to table with it.

Time— $1\frac{1}{2}$ hours.

Sufficient for 4 to 6 persons, according to size.

No. 650.—HARE SOUP.

Ingredients—

The inferior joints of a hare, $\frac{1}{4}$ lb. ham, 2 onions, 1 sprig parsley and thyme, 3 pints stock, seasoning of pepper and salt, 1 oz. fresh breadcrumbs, 1 tea-spoonful arrowroot, $\frac{1}{4}$ pint port wine, 1 tea-spoonful red-currant jelly, forcemeat No. 537, or No. 534.

Method—

Cut the hare into joints, slice the ham and onions, and put all these, together with the parsley and thyme, into a stewpan. Pour on the stock, season with pepper and salt, bring it to the boil, and let it simmer gently for 2 hours. Then pick out the pieces of hare, and pound them in a mortar with the breadcrumbs, adding a spoonful or two of the soup to moisten the paste. Put the pounded meat into a clean saucepan, strain the boiling soup on to it, stir well, and simmer for 3 or 4 minutes. Mix the arrowroot smoothly with the port, stir this and the red-currant jelly into the soup, and continue stirring over the fire until the soup is rich and thick, put in the forcemeat balls, simmer for 1 minute, and serve very hot.

Time—To simmer soup, altogether about 2 hours and 10 minutes.

Sufficient for 4 or 5 persons.

No. 651.—HARICOT MUTTON.

Ingredients—

2 or 3 lbs. neck of mutton, 2 oz. butter or dripping, 2 carrots, 2 onions, 2 turnips, $\frac{1}{2}$ small tea-spoonful salt, 6 peppercorns, 1 table-spoonful flour, $1\frac{1}{2}$ pints water.

Method—

Cut the meat into small thick chops, and trim off nearly all the fat. Cut the onion into dice, and the carrot and turnip into thin slices. Melt the butter or dripping in a stewpan, and fry the onion in it until it is quite brown; then dredge in the flour, and stir them over the fire until they form a smooth, brown paste. Add the water, a little at a time, stirring as you add it. Then put in the chops and seasoning, and bring all to boiling point. Add the carrots and turnips, and simmer all gently for

2 hours. Dish the chops neatly in a hot dish with the vegetables round. Keep them hot, boil the gravy rapidly for 3 or 4 minutes, add a few drops of browning, if necessary, to make it a rich brown colour, strain it over the chops, and serve.

Time—About $2\frac{1}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 652.—HARICOT SOUP (Brown).

Ingredients—

$\frac{1}{2}$ pint haricot beans, 1 small onion, sprig of parsley, $\frac{1}{4}$ tea-spoonful dried herbs, seasoning pepper and salt, 1 quart stock.

Method—

Soak the beans in water for 12 hours, then put them in a stewpan with the sliced onion, parsley, herbs, and seasoning, pour in the stock, bring all gradually to the boil, and simmer until the beans are quite tender. Then turn the soup into a sieve, and rub it through with a wooden spoon. Pour it into a fresh saucepan and heat it to boiling point. Add a few drops of browning, if necessary, and serve immediately.

Time—To cook soup, $3\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 653.—HARICOT SOUP (White).

Ingredients—

$\frac{1}{2}$ pint haricot beans, 1 small onion, 2 sprigs parsley, $1\frac{1}{2}$ pints milk, 1 oz. butter, seasoning pepper and salt.

Method—

Soak the beans in cold water for 12 hours, then put them in plenty of cold water, with the parsley and sliced onion, and boil until the beans are quite soft and tender. Strain off all the water, pick out the onion and parsley, and rub the beans through a fine sieve. Put them back in a fresh saucepan with the milk, and simmer

gently for 15 minutes, stirring occasionally, then put in the butter, add a seasoning of pepper and salt, and stir until the butter is melted. Serve very hot, with fried bread handed round.

Time—To boil beans, 3 hours.

To simmer soup, about 18 minutes.

Sufficient for 2 or 3 persons.

No. 654.—HERRINGS, FRESH (au Gratin).

Ingredients—

3 herrings, 1 oz. butter, 1 table-spoonful breadcrumbs, juice of $\frac{1}{2}$ lemon, seasoning pepper and salt.

Method—

Choose very fresh herrings, wash them well and dry them in a cloth. Lay them in a very clean baking-tin, sprinkle them with breadcrumbs, and season with pepper and salt. Cut the butter into small pieces, and dot it here and there on the fish. Squeeze a little lemon juice over each, and bake them in rather a sharp oven, basting them 2 or 3 times with the liquor in the tin. Have ready a very hot dish, turn the herrings into it, strain the liquor round them, through a fine sieve, and serve immediately.

Time—about 15 minutes.

Sufficient for 2 or 3 persons.

No. 655.—HERRINGS, FRESH (Fried).

Ingredients—

3 herrings, $1\frac{1}{2}$ oz. butter, seasoning salt and cayenne, boiling fat for frying.

Method—

Clean the fish carefully, split them open, wash them well and remove the heads, tails, and back bones. Break the butter into small pieces, and dot these down the middle of the fish where the bone had been, sprinkle them with salt

and a little cayenne, close them again, dredge with flour, and fry them in plenty of boiling fat. Drain them on kitchen paper, dish them on a very hot dish, and serve immediately.

Time—10 or 12 minutes.

Sufficient for 2 or 3 persons.

No. 656.—HERRINGS, RED (To Dress).

Ingredients—

2 or 3 herrings.

Method—

Soak the herrings in warm water for an hour to draw out some of the salt, then dry them in a soft, clean cloth. Make 3 or 4 incisions in the sides of the fish, and broil them for about 10 minutes over a clear fire, turning them when half-done. Serve on a very hot dish.

Time—10 minutes.

Sufficient for 2 or 3 persons.

No. 657.—HERRING ROES (On Toast).

Ingredients—

3 fresh herrings, 2 or 3 rounds of buttered toast, 1 table-spoonful vinegar, 6 peppercorns, 1 pint water.

Method—

Carefully remove the roes, cut each in half, and soak them for half-an-hour to draw out the blood, in water, in which a dessert-spoonful of salt has been dissolved. Boil the vinegar, water, and peppercorns together for 5 minutes. Arrange the roes in a small pie-dish, pour the boiling vinegar and water on them, cover the dish with a buttered paper, and bake the roes in a moderate oven for 15 minutes. Have ready some freshly-made buttered toast; cut it into 6 strips, $3\frac{1}{2}$ inches long and $1\frac{1}{2}$ inches wide. Drain the pieces of roe carefully, lay one on each piece of toast, put them in the oven for a couple of minutes to get

thoroughly hot, then arrange neatly on a hot dish and serve immediately.

Time—15 minutes.

Sufficient for 3 or 4 persons.

No. 658.—HORS D'ŒUVRES.

There is very little to be done to hors d'œuvres, except to arrange them with taste and neatness. White china dishes, divided into small compartments are often used when two or three different things are served. If only one, a small oval flat china dish is the most suitable. Great nicety is necessary in the slicing of sausages or tongue, and these should be garnished with tiny sprigs of parsley. Anchovies and sardines should be carefully drained and arranged cross-wise in a lattice work, with little heaps of capers decorating the end of the dish. Lax, caviare, olives, etc., can be tastefully arranged in separate compartments or dishes, garnished with parsley or fresh cress. Very fresh crusty rolls and small pats of the best butter must always accompany hors d'œuvres. In summer the butter should have been iced.

No. 659.—HORSE RADISH SAUCE.

Ingredients—

2 table-spoonfuls grated horse radish, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ pint cream, 1 table-spoonful vinegar.

Method—

Wash the horse radish, scrape off the dark skin, and then grate the root on a delicately clean grater as finely as possible. Mix it with the cream and salt, and add the vinegar, a very little at a time, mixing it well in. If the sauce is to be served with a hot joint it must be carefully heated in a small bain-marie saucepan, but must not be allowed to boil, or it will curdle instantly.

Sufficient for 5 or 6 persons.

No. 660.—ICES, or ICE PUDDING
(To make without a Freezing Machine).

Ingredients—

3 lbs. ice, 1½ lbs. common salt.

Method—

Break the ice into small pieces, and crush the salt, and mix them well together in a zinc bowl. Put the mixture to be frozen into the freezing-pot, or if you do not possess one, into a glass tankard jug, and set the vessel into the ice and salt, taking care that the freezing mixture comes well up the sides. Stir the mixture constantly until it begins to set. If ices are being made, it is only necessary to wait until the ice is sufficiently firm to be moulded with a spoon into the ice-glasses. If, on the other hand, ice pudding is required, the ice must be taken out of the freezing-pot as soon as it is slightly set, and put into the mould; the lid must be fastened on the mould, a piece of writing-paper being placed between the ice and the lid, and the mould completely buried in the ice and salt. Ices of any description must, of course, only be dished at the moment they are required for use.

*Time—*To freeze ices, 30 minutes.

To freeze pudding, 1 hour.

No. 661.—ICE CREAM (Coffee).

Ingredients—

1 pint milk, the yolks of 6 eggs, 4 oz. sugar, ½ pint cream, ¼ pint coffee essence No. 368.

Method—

Put the milk and sugar into a bain-marie saucepan, and let them become very hot. Beat and strain the yolks of the eggs, add to them the milk, return all to the saucepan, and thicken as for custard. Set the mixture aside until nearly cold, then put it in the freezing-pot and freeze by recipe No. 660 for about 15 minutes, until it is very slightly

set. Whip the cream, add to it the coffee, and stir this to the custard gradually, taking care that they are thoroughly mixed. Then freeze the mixture until stiff.

*Time—*To freeze mixture, about 30 minutes.

Sufficient for 1 quart of ice cream.

No. 662.—ICE CREAM (Fruit).

Ingredients—

1 lb. fresh fruit, ¼ lb. pounded sugar, ½ pint whipped cream.

Method—

Mash the fruit together with the sugar, and rub them through a fine sieve. Whip the cream to a stiff froth, stir into it the mashed fruit, and freeze the mixture until stiff by recipe No. 660.

*Time—*To freeze mixture, about 30 minutes.

Sufficient for 1 pint of ice cream.

No. 663.—ICE CREAM (Strawberry).

Ingredients—

1 lb. strawberries, ¼ lb. sugar, the yolks of 6 eggs, ¾ pint milk, ½ pint whipped cream, 10 drops cochineal.

Method—

Put the milk and sugar into a bain-marie saucepan, and let them become very hot. Beat and strain the yolks of eggs, add to them the milk, return all to the saucepan, and thicken as for custard. Set it aside to cool. Rub the strawberries through a very fine sieve, stir the pulp into the custard, and half freeze the mixture by recipe No. 660, then add the whipped cream, mix very thoroughly, colour with cochineal, and freeze until stiff.

*Time—*To freeze mixture, about 30 minutes.

Sufficient for 1 quart of ice cream.



No. 664.—ICE CREAM (Vanilla).

Ingredients—

1 pint milk, 4 oz. sugar, the yolks of 6 eggs, 1 stick of vanilla, $\frac{1}{2}$ pint cream, 2 table-spoonfuls of noyeau.

Method—

Infuse the vanilla pod in the milk and sugar, heating it by the side of the fire for 30 minutes. Beat and strain the yolks of eggs, stir the milk to them, taking out the vanilla pod, return the mixture to the saucepan, and thicken as for custard. Set this aside until nearly cold, then put it in the freezing-pot, and freeze by recipe No. 660 until very nearly set. Whip the cream to a stiff froth, add to it the noyeau, and stir this into the custard gradually, taking care to mix all thoroughly. Freeze the mixture again until quite stiff.

*Time—*To freeze mixture, about 30 minutes.

Sufficient for 1 quart of ice cream.

No. 665.—ICE (Lemon Water).

Ingredients—

The juice of 4 lemons, $\frac{3}{4}$ lb. best lump sugar, 1 pint water.

Method—

Rub 6 of the lumps of sugar on the lemon rind to extract the essential oil, then boil all the sugar and the water together for 15 minutes, add the lemon juice, mix well, strain, and set aside until cool. Then put it into the freezing-pot and freeze by recipe No. 660 until set, which will take about 40 minutes.

*Time—*To freeze mixture, about 40 minutes.

Sufficient for 1 pint of water ice.

No 666.—ICE PUDDING (à la Parisienne).

Ingredients—

2 oz. pounded sweet almonds, 3 bitter almonds pounded, 6 oz. sugar,

yolks of 4 eggs, $\frac{3}{4}$ pint milk, 2 table-spoonfuls of noyeau, $\frac{1}{2}$ pint cream, $\frac{1}{4}$ lb preserved fruit.

Method—

Put the pounded almonds and sugar into a lined saucepan with the milk, and let them become hot, beat and strain the yolks of egg, add to them the milk, etc., strain all back into the saucepan, and thicken as for custard. Strain the custard through a fine sieve, add the noyeau, and freeze the mixture lightly. When nearly firm, add the cream (whipped to a stiff froth) and the fruit cut into dice, and mix all well together. Freeze the mixture by recipe No. 660 until nearly stiff, then put it in a mould, cover the top with a sheet of paper, press down the cover tightly, and bury the mould in ice and salt until wanted.

*Time—*To freeze pudding, about 1 hour.

Sufficient for $1\frac{1}{2}$ pint mould.

No. 667. — ICED NESSELRODE PUDDING.

$\frac{3}{4}$ lb. chestnuts, $\frac{3}{4}$ lb. sugar, $\frac{3}{4}$ pint water, $\frac{1}{2}$ vanilla pod, $\frac{1}{2}$ pint milk, the yolks of 6 eggs, $\frac{1}{2}$ pint cream, 3 table-spoonfuls maraschino, 2 oz. glacé cherries, 2 oz. citron rind, 2 oz. raisins, 2 oz. angelica, the whites of 2 eggs.

Method—

Boil $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint of water, and the vanilla pod together for 15 minutes, then set aside to cool, taking out the pod. Boil the chestnuts by recipe No. 313, peel them whilst hot, and pound them to a smooth paste with $\frac{1}{4}$ pint of the syrup; rub this through a fine sieve into a bain-marie saucepan, and mix in the remainder of the syrup, beat and strain the eggs, add to them the milk, pour all into the saucepan, and thicken as for custard. Set it aside to become quite cold. Stone the raisins, and cut the preserved fruits into dice, put these in a basin,

pour the maraschino on them, and let them soak for some hours. Freeze the custard lightly by recipe No. 660, then take it off the ice, add the fruits and maraschino and the cream whipped to a stiff froth. Boil the remaining $\frac{1}{4}$ lb. sugar and $\frac{1}{4}$ pint water together for about 5 minutes, until they are white and thick, stirring well with a wooden spoon, beat the whites of egg to as stiff a froth as possible, let the sugar cool a little, mix in the white of egg, and beat them together till smooth and white, then add the other ingredients, mix all well, and freeze till nearly stiff, when turn it into a mould with a tight-fitting cover, putting a sheet of paper between the top and cover, and bury the mould in ice and salt until wanted.

Sufficient for 1-quart mould.

No. 668.—ICING SUGAR (for Cakes).

Ingredients—

The whites of 2 eggs, $\frac{1}{2}$ lb. icing sugar, 1 tea-spoonful lemon juice.

Method—

Beat the eggs to as stiff a froth as possible, then stir in the sugar quickly, add the lemon juice, and spread the icing smoothly over the cake with a knife. Decorate the cake with scrolls of icing from a forcing pipe or paper funnel, and put it in a very cool oven for the icing to set.

*Time—*To leave cake in oven, 20 to 30 minutes.

Sufficient for 1 cake of moderate size.

No. 669.—IRISH STEW.

Ingredients—

2 or 3 lbs. neck of mutton, 2 lbs. potatoes, 2 onions, $1\frac{1}{2}$ pints water, seasoning of pepper and salt.

Method—

Cut the mutton into small neat chops, and trim off nearly all the fat.

Wash and peel the potatoes, and cut them into halves, or quarter them if very large. Peel the onions and cut them into rings. Lay some of the potatoes at the bottom of a stewpan with a little onion, then put a layer of chops, cover these with potatoes again and a little more onion, then put more meat and potatoes, etc., until all is used, seasoning each layer with pepper and salt. Pour in the water, bring all to boiling point, and simmer gently for $2\frac{1}{2}$ hours, moving the meat and potatoes gently from time to time that they may not stick to the bottom of the pan. Dish neatly, and serve.

Time— $2\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 670.—ISINGLASS JELLY
(Clear Wine).

Ingredients—

1 oz. isinglass, $\frac{1}{2}$ pint sherry, 5 oz. sugar, juice of 2 lemons and rind of 1, shells and whites of 2 eggs, $1\frac{1}{2}$ pints hot water, 1 wine-glass of cold water.

Method—

Put the isinglass in a lined saucepan with the hot water, let it soak for 10 minutes, then add the sherry, strained lemon juice, thinly-peeled lemon rind, and sugar. Beat the whites of the eggs with their crushed shells and the cold water for a minute or two, then add them to the other ingredients, and bring all to boiling point, stirring occasionally until it simmers. Boil gently for 8 minutes, but do not stir again after boiling has commenced. Wring the jelly-bag out of boiling water, let the jelly cool for 5 minutes, then strain it through the jelly-bag, pouring back what first runs through should it not look perfectly clear and bright. Pour the jelly into a mould that has been wetted in every part with cold water, and put in a cool place to set.

*Time—*Altogether, about 25 minutes.

Sufficient for 1-quart mould.

No. 671.—JAM PUFFS.*Ingredients—*

Feuilletage paste No. 904, made with $\frac{1}{4}$ lb. flour, and other ingredients in proportion, $\frac{1}{4}$ lb. jam, the white of 1 egg, pounded sugar.

Method—

Divide the paste into 6 portions, and roll each of these into a square about 4 inches across. Put a small spoonful of jam not quite in the centre. Brush the top of each puff with white of egg, and fold over the paste corner to corner to form a triangle. Brush the top of each puff with white of egg, sift on sugar thickly, and bake in a rather quick oven. The paste should be very thin, or the puffs will not be sufficiently light.

Time—15 to 20 minutes.

Sufficient for 6 puffs.

No. 672.—JAM ROLY POLY PUDDING (Baked).*Ingredients—*

Short crust No. 402, or No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion, $\frac{1}{2}$ lb. jam.

Method—

Roll out the crust into a sheet about 8 inches wide, 10 inches long, and $\frac{1}{3}$ of an inch in thickness. Spread the jam evenly with a knife over the surface to within an inch of the end. Roll up the paste neatly, pinch the ends together, lay the roll on a floured baking-tin, with the join at the bottom, and bake in a moderate oven.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 673.—JAM ROLY POLY PUDDING (Boiled).*Ingredients—*

Suet crust No. 404, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion, $\frac{1}{2}$ lb. jam.

Method—

Make the crust, and roll it out, etc., as in preceding recipe. Tie the roll up in a floured cloth, plunge it into boiling water, and be careful that the water does not go off the boil until the pudding is cooked. Then take it out of the cloth, sprinkle a little sifted sugar over, and serve very hot.

Time—2 hours.

Sufficient for 5 or 6 persons.

No. 674.—JAM TART (Open).*Ingredients—*

Crust No. 402, or No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion, $\frac{1}{2}$ lb. jam.

Method—

Roll out the crust about $\frac{1}{8}$ inch thick, butter a tart tin, line it with the crust, and ornament the edges neatly. Fill the tart with jam, decorate it with a lattice-work of very thin strips of paste laid across the jam, and bake in rather a quick oven.

Time—20 to 30 minutes.

Sufficient for 5 or 6 persons.

No. 675.—JAM TARTLETS (Plain).*Ingredients—*

Short crust No. 402, or No. 403, made with 8 oz. flour, and other ingredients in proportion, $\frac{3}{4}$ lb. jam.

Method—

Roll out the paste to $\frac{1}{4}$ inch in thickness, butter a dozen patty-pans, line them with the paste, decorate the edges neatly, and put about a dessert-spoonful of jam into each. Roll out the trimmings of the paste, and, with a small cutter, cut out a dozen stars or other small devices. Place one in the exact centre of each tartlet, and bake in a moderately quick oven.

Time—About 20 minutes.

Sufficient for 12 tartlets.

No. 676. — JAM TARTLETS (Very Good).

Ingredients—

Puff-paste No. 400, made with 8 oz. flour, and other ingredients in proportion, $\frac{1}{2}$ lb. jam.

Method—

Roll out the paste about $\frac{3}{4}$ inch thick, and with a round fluted cutter, about 2 inches across, stamp out 12 rounds of paste. Have a smaller cutter, about the size of a half-crown, and with this firmly mark an inner circle on the tartlets, taking care, however, not to press right through the paste. Set the tartlets on a buttered paper in a baking-tin, and bake them in rather a quick oven. They should rise to double their original height, but must not be allowed to take much colour. When cooked, remove the centre of the tartlets with a small sharp knife as far as the smaller circle marked, and to within $\frac{1}{2}$ inch of the bottom. Fill the cavity with jam, and serve the tartlets piled high upon a silver or glass dish. They may be served either hot or cold, as desired.

*Time—*About 20 minutes.

Sufficient for 12 tartlets.

No. 677.—JELLIES (Remarks on).

Great care must be taken with jellies that they are of such a consistency as to be firm enough to retain their shape without possessing any gluey taste or solidity of substance. Where fresh fruits are used in making the jelly, care must be taken that the delicate flavour of the fruit is not impaired by too long boiling. 1 oz. isinglass of good quality to a quart mould should make a perfect jelly, light and delicate, but quite firm enough to retain its shape. In summer the jelly should be set on ice, if this is not obtainable an additional $\frac{1}{2}$ oz. of isinglass must be used. Jelly made from stock care-

fully prepared from calf's feet is always to be preferred when obtainable, but very good results are possible from isinglass with very much less time and trouble. Jellies should be made at least six hours before they are required. It is well to make them the day before when convenient. In either case they should be set on ice before serving.

No. 678.—JELLIES AND CREAMS (To Turn Out).

Method—

With the point of a knife loosen the edge of the jelly or cream all the way round the mould, taking great care not to injure the shape. Then dip a cloth into boiling water, wring it out lightly, and wrap the mould in it for a few seconds, see that the heat touches all the knobs, then lay the dish over the top of the mould very exactly, reverse the dish and mould, give a slight downward jerk, and lift the mould off carefully. If there should be any liquid jelly or cream in the dish, mop it up with a very clean cloth wrung out of boiling water, and dry the dish with a very clean cloth.

Jellies and creams should only be turned out immediately before they are wanted. They should be set in ice always when procurable.

No. 679.—JELLY (à la Bacchante).

Ingredients—

1 lb. Muscatel grapes, $\frac{3}{4}$ pint hot water, 1 oz. isinglass, 4 oz. sugar, rind of $\frac{1}{2}$ a lemon, juice of 1 lemon, whites and shells of 2 eggs, 1 wine-glass water, 1 pint champagne.

Method—

Pick the grapes from their stalks, and reserve 18 of the finest to set in the jelly. Put the rest in a bowl, and crush them with a wooden spoon to extract the juice. Put the water, isinglass,

lemon juice and rind, and sugar into a lined saucepan, and simmer for 10 minutes. Then take it off the fire and let it cool for 5 minutes. Beat the whites and shells of the eggs together with the cold water, add the crushed grapes and their juice, and stir this into the jelly until it simmers. Then take out the spoon, and let it boil gently for 8 minutes. Let it stand for 5 minutes, then strain it through a jelly-bag. If the jelly does not look perfectly clear and bright, strain a second time. When cool, but still liquid, stir in the champagne. Have ready a well-wetted mould with knobs. Put a grape into each knob, and with a spoon pour in sufficient jelly to cover them completely. Set this on ice, and as soon as it becomes firm put in another 6 grapes and sufficient jelly to rather more than half fill the mould. Let this set again, then put in the rest of the grapes and jelly, and set the mould in ice for at least two hours before serving.

Sufficient for 1-quart mould.

No. 680.—JELLY, CHICKEN (For Invalids).

Ingredients—

The legs and carcass of a chicken, 1 quart water, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{2}$ oz. isinglass.

Method—

The breast of the chicken should be carefully removed and used for another dish. Put the rest of the chicken into the oven, and roast it carefully for 10 or 15 minutes. Take it out, cut all the meat into dice, and put it with the bones, salt, and cold water into a stewpan. Bring it to the boil, and simmer very gently for 4 hours, by which time the broth should be reduced to $1\frac{1}{2}$ pints. Then put in the isinglass and stir until it is melted. Strain the broth carefully, and set it aside to cool. When cold take off every particle of fat, washing

the top with a very clean cloth dipped in boiling water. Melt the jelly again, set it in small moulds, and serve one at a time as required.

*Time—*Altogether, about 4 hours and 20 minutes.

Sufficient for $1\frac{1}{2}$ pints jelly.

No. 681.—JELLY (With Whipped Cream).

Ingredients—

$1\frac{1}{2}$ pint clear wine jelly No. 243, or No. 670, 6 oz. glacé fruits, $\frac{1}{2}$ pint cream, 1 table-spoonful brandy.

Method—

Make a jelly as directed, and pour it into a well-wetted mould, open in the centre. Set it aside (on ice if possible) to become firm. When wanted for table, whip the cream, stir in the fruit cut into dice, and the brandy, turn out the jelly carefully, fill the centre with the cream, making it into a nice cone shape, and serve.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 682.—JOHN DORY (Baked).

Ingredients—

1 small John Dory, 1 oz. butter, juice of $\frac{1}{2}$ a lemon.

Method—

Put the fish in a baking-tin, dot the butter on it in little pieces, and squeeze $\frac{1}{2}$ a lemon over it. Bake in a moderate oven until cooked. Then dish on a hot napkin garnished with fresh parsley and cut lemon.

*Time—*20 to 30 minutes.

Sufficient for 1 or 2 persons.

No. 683.—JOHN DORY (Boiled).

Ingredients—

John Dory, $\frac{1}{2}$ gallon water, 2 oz. salt.

Method—

Cleanse the fish thoroughly, and cut off the fins. Lay it in a fish-kettle, and cover it with cold water, salted. Bring it slowly to the boil, and simmer gently until quite tender. Take it up, drain carefully, and serve on a hot napkin, garnished with parsley and cut lemon. Send melted butter to table with it.

*Time—*20 to 30 minutes, according to size.

Sufficient for 3 to 6 persons.

No. 684.—JULIENNE SOUP.*Ingredients—*

1 quart bouillon, 1 oz. carrots, 1 oz. turnips, $\frac{1}{2}$ oz. onions, $\frac{1}{2}$ oz. celery.

Method—

Cut all the vegetables into tiny strips an inch long and the thickness of a match. Pour on them $\frac{1}{2}$ pint of the bouillon, and simmer them gently until quite tender. Have ready the rest of the soup boiling hot, add the other soup and vegetables, stir well, and serve.

If preserved Julienne vegetables are used they should be soaked in water for 2 hours, then cooked in the same manner as the fresh ones.

*Time—*To simmer vegetables, 30 minutes.

Sufficient for 3 or 4 persons.

No. 685.—KEDGEREE.*Ingredients—*

$\frac{1}{4}$ lb. cold fish, 2 oz. rice, 1 oz. butter, 1 egg, seasoning pepper and salt.

Method—

Boil the rice by recipe No. 1025, drain it carefully, and turn it into a clean lined saucepan. Free the fish from all skin and bones, and cut it into small dice. Boil the egg for 10 minutes, and chop it finely. Stir the

fish and egg into the rice, add the butter and a seasoning of pepper and salt, and shake over the fire until very hot, when serve immediately.

*Time—*To heat the fish, about 10 minutes.

Sufficient for 2 or 3 persons.

No. 686.—KIDNEYS (à la Brochette).*Ingredients—*

4 kidneys, 8 small pieces of bacon, 1 oz. butter, 1 dessert-spoonful chopped parsley, juice of $\frac{1}{2}$ lemon, seasoning pepper and salt.

Method—

Warm the gridiron, and rub the bars with a small piece of suet. Skin the kidneys, and cut them in half without quite dividing them. Pass a skewer through each kidney, opening it out flat, and broil them over a clear fire, being careful to put the cut side to the fire first. Fry crisply the small pieces of bacon. Melt the butter in a small saucepan, and when hot stir in the chopped parsley, lemon juice, and a seasoning of pepper and salt, stir this over the fire for a minute. Arrange the pieces of bacon in a very hot dish, slip each kidney off its skewer on to a piece of bacon, pour the sauce over all, and serve immediately.

If you have silver or plated skewers, do not take the kidneys off them, put two pieces of bacon on each skewer, grill them with the kidney, and serve together with the sauce poured over.

*Time—*6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 687.—KIDNEYS (Broiled).*Ingredients—*

4 sheeps' kidneys, seasoning pepper and salt, 4 small slices buttered toast.

Method—

Warm the gridiron and rub the bars with a small piece of suet. Skin the kidneys, and cut them in half without quite dividing them. Pass a skewer through each kidney, opening it out flat, and broil them over a clear fire, being careful to put the cut side to the fire first. Slip each kidney off its skewer on to a small piece of hot-buttered toast, season with pepper and salt, and serve very hot.

Time—6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 688.—KIDNEYS (Fried).*Ingredients—*

4 kidneys, 1 oz. butter, seasoning pepper and salt, 4 small slices toast.

Method—

Skin the kidneys, and cut them in half without quite dividing them. Put the butter in a very clean frying-pan, and when it is melted put the kidneys in cut side downwards, and fry them for 3 or 4 minutes, then turn them, and fry for another 3 minutes. Put each kidney on a small piece of toast, season with pepper and salt, pour the gravy from the frying-pan over them, and serve very hot.

Time—6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 689.—KIDNEYS (à la Française).*Ingredients—*

4 kidneys, 1 tea-spoonful minced parsley, seasoning salt and cayenne, 1½ oz. butter, 1 large tea-spoonful flour, ¼ pint brown stock, 1 dessert-spoonful lemon juice, 1 dessert-spoonful mushroom ketchup.

Method—

Remove all skin and fat from the

kidneys, and slice them thinly cross-wise, mix together the parsley, cayenne, and salt, and rub them into the slices of kidney. Melt the butter in a small frying-pan, put in the kidneys, and fry for about 5 minutes, moving and stirring them constantly, then dredge in the flour, and add the stock (which must be hot) a little at a time, stir in the lemon juice and mushroom ketchup, and bring all to boiling point, but be careful that they do not boil, or the kidneys will be hard. Lift out the kidneys on to a very hot dish, cover them over, and boil the sauce for 2 or 3 minutes, then strain it over the kidneys, and serve.

Time—Altogether, about 15 or 20 minutes.

Sufficient for 2 or 3 persons.

No. 690.—KIDNEY OMELET.*Ingredients—*

1 sheep's kidney, 4 oz. butter, 4 eggs, seasoning pepper and salt.

Method—

Skin the kidney, and cut it into small dice. Melt 2 oz. of the butter in a small saucepan, put in the kidney and fry for 4 or 5 minutes, taking care that the butter does not burn. Whisk the eggs for 3 minutes, strain them, then add the pieces of kidney with the butter they were cooked in, and a seasoning of pepper and salt, whisk for a minute to mix them thoroughly in. Dissolve the rest of butter in a small pan, and pour in the mixture. Place over a moderate fire, and stir one way until the omelet is set. Turn it on to a very hot dish, fold it in two, and serve immediately.

Time—To fry the kidney, 5 minutes. To cook omelet, 3 to 5 minutes.

Sufficient for 2 or 3 persons.

No. 691.—KIDNEY TOASTS.*Ingredients—*

2 sheep's kidneys, $\frac{1}{2}$ pint water, $\frac{1}{2}$ pint brown stock, $\frac{1}{4}$ tea-spoonful mixed herbs, seasoning pepper and salt, 1 oz. butter, 6 croûtons No. 393.

Method—

Boil the water in a small saucepan, divide and skin the kidneys, and simmer them in it for 10 minutes, then pour off all the water, cover the kidneys with stock, add the herbs and seasoning, and simmer until quite tender. Drain them carefully, cut them up small, and pound them with the butter in a mortar to a smooth paste, spread this on the croûtons, make very hot, and serve.

*Time—*To simmer kidneys, altogether about 15 minutes.

Sufficient for 3 or 4 persons.

No. 692.—KIDNEYS ON TOAST.*Ingredients—*

4 kidneys, 1 oz. butter, seasoning pepper and salt, 8 croûtons, $\frac{1}{4}$ pint brown stock, 1 tea-spoonful flour, 1 dessert-spoonful mushroom ketchup.

Method—

Remove all skin and fat, and divide the kidneys in half, season them with pepper and salt, put the butter in a very clean frying-pan, and when it is melted put the kidneys in cut side downwards, and fry them for 3 or 4 minutes, then turn them and fry for another 3 minutes. Have ready 8 croûtons, dish each half kidney on a croûton, and cover them over to keep hot. Pour the stock into the frying-pan, mix the flour smoothly with the ketchup, stir this into the stock, simmer until it is nicely thickened, then pour the sauce round, *not over*, the kidneys, and serve.

*Time—*To fry kidneys, 6 or 7 minutes. To make sauce, about 5 minutes.

Sufficient for 3 or 4 persons.

No 693.—LAMB, BREAST OF, AND GREEN PEAS.*Ingredients—*

1 breast of lamb, 1 oz. butter, 1 quart stock, seasoning pepper and salt, 1 pint shelled peas, 1 tea-spoonful arrowroot, 1 table-spoonful cold stock or water.

Method—

Remove the skin and some of the fat, cut the breast into neat pieces, melt the butter in a stewpan, and fry the lamb for 4 or 5 minutes, then pour in the stock, add the seasoning, and simmer gently for 1 hour. Have ready the peas shelled, add them, and simmer again for 25 minutes. Strain off $\frac{3}{4}$ pint of stock into a fresh saucepan, mix the arrowroot with the cold stock or water, stir this into the strained stock, and simmer until it is slightly thickened. Strain off the peas, heap them in the centre, arrange the pieces of lamb round them, pour the thickened sauce over, and serve.

*Time—*1 $\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 694.—LAMB, BREAST OF (Rolled)*Ingredients—*

1 breast of lamb, small tea-spoonful mixed sweet herbs, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoonful pepper, small tea-spoonful minced onion, 1 quart stock, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Remove the skin and bones from the lamb, mix the seasonings together, sprinkle them over the meat, roll it up and tie it securely with tapes. Lay it in a deep stewpan, pour over the stock, bring to the boil, and simmer very gently for 2 hours. Strain off $\frac{1}{2}$ pint of the stock into a small saucepan, mix the arrowroot smoothly with a table-spoonful of stock or water, stir this in and simmer gently

for 3 or 4 minutes until nicely thickened. Place the lamb on a very hot dish, remove the tapes, pour over it the thickened gravy, and serve.

A dish of green peas should be sent to table with this dish.

Time—Rather over 2 hours.

Sufficient for 4 or 5 persons.

No. 695.—LAMB CUTLETS (with Asparagus).

Ingredients—

1½ lbs. best end neck of lamb, 1 egg, breadcrumbs, boiling fat for frying, purée of asparagus No. 99.

Method—

Make the purée of asparagus as directed, and keep it hot, cut and trim the cutlets as in recipe No. 421, egg and breadcrumb them carefully, and fry them in plenty of boiling fat. When cooked, turn them on to kitchen paper to drain, decorate each one with a frill, and arrange them in a circle. With a spoon turn the purée very neatly into the centre of the cutlets, and serve very hot.

Time—To fry cutlets, 6 or 7 minutes.

To make purée, 30 minutes.

Sufficient for 3 or 4 persons.

No. 696.—LAMB CUTLETS (with Peas).

Ingredients—

1½ lbs. best end neck of lamb, 1 egg, breadcrumbs, boiling fat for frying, ¾ pint of shelled peas.

Method—

Cut and trim the cutlets as directed in No. 424, egg and breadcrumb them carefully, and fry them in plenty of boiling fat. When cooked, turn them on to kitchen paper to drain, and decorate each one with a frill. Have ready the peas (boiled until very tender), drain them, and heap them in the centre

of the dish. Arrange the cutlets round, and serve immediately.

Time—To fry cutlets, 6 or 7 minutes.

To boil peas, 15 to 20 minutes.

Sufficient for 3 or four persons.

No. 697. — LAMB CUTLETS (With Spinach).

Ingredients—

1½ lbs. best end neck of lamb, 1 egg, breadcrumbs, boiling fat for frying, 2 lbs. of spinach.

Method—

Cut and trim the cutlets as directed in recipe No. 424. Beat and strain the egg, brush each cutlet over with egg and cover it with fine breadcrumbs. Arrange the cutlets in a frying-basket, plunge this into boiling fat, and fry the cutlets a golden brown. Prepare the spinach carefully, and dish it in a cone shape in the centre of a hot dish, turn the cutlets on to kitchen paper to drain, decorate each one with a frill, and stand them neatly round the spinach.

Time—To fry cutlets, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 698.—LAMB, FORE-QUARTER OF (Roast).

Ingredients—

9 or 10 lbs. forequarter lamb, clarified dripping for basting, ½ pint mint sauce No. 796, 1 oz. butter, 1 lemon, cayenne.

Method—

Let the lamb be fresh—it does not hang well. Flour the joint, and put it down to a clear fire or in a good oven, and baste it continually with plenty of clarified dripping. Place it at a sufficient distance to prevent the fat from burning, and let it be very thoroughly cooked. Serve on a very hot dish with a little gravy poured round, and send another hot dish to table. The carver

usually separates the shoulder from the neck at the table, and places it in a separate dish, and the butter, cut lemon, and cayenne should be at hand for his use.

Serve mint sauce separately in a sauce-boat.

Time—2½ hours.

Sufficient for 8 or 9 persons.

No. 699.—LAMB'S FRY.

Ingredients—

1 lb. of fry, 1 egg, breadcrumbs, 1 tea-spoonful chopped parsley, pepper and salt, boiling lard.

Method—

Have ready a saucepan of boiling water, put in the fry, and boil it gently for 15 minutes. Take it out, and set it aside to cool. Mix the parsley, pepper, and salt with the breadcrumbs. Beat and strain the egg, brush it over the fry, and cover with the breadcrumbs. Fry it in plenty of boiling lard, turn it on to kitchen paper to drain, and serve very hot, garnished with fried parsley.

Time—To boil, 15 minutes.

To fry, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 700.—LAMB, LEG OF (Boiled).

Ingredients—

5 or 6 lbs. leg of lamb, 1 pint caper sauce No. 260.

Method—

Have ready a saucepan of boiling water, put in the lamb and bring the water again to the boil. Draw the saucepan aside, and let the meat simmer gently until cooked. Take it up, drain it, and place it on a very hot dish. Pour over sufficient caper sauce to cover the leg, and serve the rest in a sauce-boat.

Time—1½ hours.

Sufficient for 5 or 6 persons.

No. 701.—LAMB, LEG OF (Roast).

Ingredients—

5 or 6 lbs. leg of lamb, clarified dripping for basting, ½ pint mint sauce No. 796.

Method—

Flour the joint, and put it down to a clear fire or in a hot oven. Baste it continually the whole time of cooking, and let it be very thoroughly done. Place it on a very hot dish, pour off all the dripping from the pan, sprinkle a little salt, and pour in ¼ pint of boiling water or gravy. Strain this round the joint, and serve immediately. Send mint sauce to table in a sauce-boat.

Time—1½ to 1¾ hours.

Sufficient for 5 or 6 persons.

No. 702.—LAMB, LOIN OF (Roast).

Ingredients—

4 or 5 lbs. loin of lamb, clarified dripping for basting, ½ pint mint sauce No. 796.

Method—

Flour the joint, and put it down to a very clear fire or in a good oven. Baste it continually the whole time of cooking, and let it be very thoroughly cooked, but be careful it is not dried or burnt. Place it on a very hot dish, pour off all the dripping from the pan, sprinkle a little salt, and pour in ¼ pint boiling water or gravy. Strain this round the joint. Serve immediately, with the mint sauce handed round in a sauce-boat.

Green peas should accompany lamb when in season.

Time—1¼ hours.

Sufficient for 4 or 5 persons.

No. 703.—LAMB, LOIN OF (Rolled and Braised).

Ingredients—

3 or 4 lbs. loin of lamb, ¼ lb. cooked

bacon, 1 quart stock, seasoning pepper and salt, tea-spoonful arrow-root.

Method—

Remove the bones and skin and some of the fat, roll up the loin, and tie it securely with tape. Cut the bacon into thin slices, put some at the bottom of a stewpan which will just hold the lamb, put it in and cover it with the rest of the bacon. Pour in the stock, season with pepper and salt, bring to the boil, and simmer for 2 hours. Strain off $\frac{1}{2}$ pint of the stock into a fresh saucepan, mix the arrow-root with a spoonful of stock or water, stir it into the $\frac{1}{2}$ pint of stock, and boil until nicely thickened. Place the lamb on a very hot dish, remove the tapes, pour round it the thickened gravy, and serve. Send green peas to table with this dish.

*Time—*2 hours.

Sufficient for 3 or 4 persons.

No. 704.—LAMB, MINCED (With Green Peas).

Ingredients—

$\frac{3}{4}$ lb. cold lamb, $\frac{1}{2}$ pint shelled green peas, $\frac{1}{2}$ pint béchamel No. 135, or No. 136, seasoning pepper and salt.

Method—

Cut the lamb into $\frac{1}{2}$ -inch dice, free from all skin or fat. Boil the peas by recipe No. 942, and drain them very dry. Have ready the béchamel at boiling point, put in the minced lamb and the peas, with seasoning of pepper and salt, and let the whole remain at the side of the fire for 20 minutes until the meat is thoroughly hot, but do not let the sauce boil after the meat is added.

*Time—*To heat meat, about 20 minutes.

Sufficient for 4 or 5 persons.

No. 705.—LAMB, MINCED (With Mushrooms).

Ingredients—

1 lb. cold lamb, $\frac{1}{2}$ pint button mush-

rooms, $\frac{1}{2}$ pint milk, 1 table-spoonful flour, 1 oz. butter, seasoning pepper and salt.

Method—

Cut the lamb into $\frac{1}{2}$ -inch dice, free from fat and skin, and set it aside. Mix the flour with two spoonfuls of milk to a thick batter, which must be quite smooth. Put the rest of the milk into a lined saucepan, and heat it to boiling point. Cut off the mushroom stalks, rub over each button with a small piece of new flannel dipped in salt, throw them into the boiling milk as they are done, and simmer for 15 minutes, then take out the mushrooms and put them with the lamb. Pour the hot milk on to the batter in the basin, stirring rapidly. Return the whole to the saucepan, add the butter, pepper, and salt, and stir it for 5 or 6 minutes over a gentle fire until the sauce thickens sufficiently, strain it through a fine sieve on to the lamb and mushrooms, return again to the saucepan, and let it remain by the side of the fire for 20 minutes for the meat to become thoroughly hot, but do not let the sauce boil after the meat is added.

*Time—*To heat sauce, 20 minutes.

Sufficient for 4 or 5 persons.

No. 706.—LAMB PIE.

Ingredients—

2 lbs. of neck or loin of lamb, 1 lb. new potatoes, $\frac{1}{2}$ pint stock or water, 1 dessert-spoonful chopped parsley, 1 tea-spoonful chopped onion, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoonful pepper, crust No. 400, or No. 402, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Cut the lamb into neat chops, remove most of the fat and all bones. Scrape or peel the potatoes, and cut them into $\frac{1}{4}$ -inch slices. Mix the parsley, onion, pepper, and salt to-

gether. Put some of the lamb at the bottom of a pie-dish, then a layer of potatoes, sprinkle over them some of the seasoning, then add more lamb, potatoes, and seasoning until all is used. Pour in the stock or water. Line the edge of the pie-dish with a thin strip of the paste, roll out, and put on the cover, ornament the edges neatly, brush the crust over with a pastry-brush dipped in beaten egg yolk, and bake in a good oven, protecting the crust with a sheet of buttered paper as soon as it has taken a good colour.

Time—2 hours.

Sufficient for 4 or 5 persons.

No. 707.—LAMB, SADDLE OF (Roast).

Ingredients—

8 or 10 lbs. saddle of lamb, clarified dripping for basting, $\frac{1}{2}$ pint mint sauce, No. 796.

Method—

Flour the joint, and put it down to a nice clear fire or into a good oven. Baste it continually with plenty of clarified dripping, and be careful that it is nicely browned without being burnt. Place it on a hot dish, pour all the dripping out of the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint hot water or gravy. Strain this round the joint, and serve immediately with the mint sauce in a sauce-boat.

Time— $2\frac{1}{4}$ to $2\frac{3}{4}$ hours.

Sufficient for 6 or 7 persons.

No. 708.—LAMB, SHOULDER OF (Roast).

Ingredients—

4 or 5 lbs. shoulder of lamb, clarified dripping for basting, $\frac{1}{2}$ pint mint sauce No. 796.

Method—

Flour the joint, and put it down in front of a clear fire or in a good oven.

Baste it continually until cooked. Place it on a hot dish, pour a little gravy round, and serve immediately. Send mint sauce to table with it.

Time—About $1\frac{1}{4}$ hours.

Sufficient for 3 or 4 persons.

No. 709.—LAMB, SHOULDER OF (Stuffed).

Ingredients—

4 or 5 lbs. shoulder of lamb, forcemeat No. 542, 1 onion, 1 carrot, 1 sprig parsley and thyme, 6 peppercorns, $\frac{1}{2}$ teaspoonful salt, 1 quart stock.

Method—

Take out the blade-bone and fill its place with forcemeat. Tie it up securely with tape, cut up the vegetables, and put half of them in a stewpan, lay in the lamb, and add the rest of vegetables and the seasoning, pour over the stock, and simmer all very gently for 2 hours. Turn it on to a very hot dish, remove the tape, strain a little of the gravy round, and serve.

Green peas should be sent to table with this dish.

Time—2 hours.

Sufficient for 4 or 5 persons.

No. 710.—LANDRAIL (Roast).

Ingredients—

2 landrails, clarified dripping for basting, fried breadcrumbs, $\frac{1}{4}$ pint brown gravy, $\frac{1}{4}$ pint bread sauce.

Method—

Cover the breasts with fat bacon, and roast the birds before a clear fire or in a good oven, basting them constantly with plenty of clarified dripping. Five minutes before serving take off the bacon, sprinkle a little flour on the breasts, and baste until the birds plump up and froth nicely. Serve on a very hot dish, and send fried crumbs,

gravy, and bread sauce to table with them.

Time—15 to 20 minutes.

Sufficient for 2 persons.

No. 711.—LARKS (in Aspic).

Ingredients—

12 larks, 1 pint stock, 1 oz truffles, aspic No. 102.

Method—

Put the larks in a small stewpan, cover them with the stock, and braise them carefully for 20 minutes, then set them aside to become quite cold. Melt the aspic, and put a tea-spoonful into each little mould, cut your truffles into tiny strips, and form a star at the bottom of each mould, put in the larks breast downwards, and with a spoon very carefully fill up the moulds with aspic, taking great care not to disarrange the truffles or to set the larks crookedly. When all are done, set them aside in a cold place for some hours until quite firm. To turn out, dip each mould for a moment into boiling-water, and turn them on to the dish exactly as you wish them placed, so as not to have to move them. Garnish with very fresh parsley.

Time—To braise larks, 20 minutes.

Sufficient for 5 or 6 persons.

No. 712.—LARKS (Broiled).

Ingredients—

12 larks, 2 oz. butter, seasoning pepper and salt.

Method—

Spread each lark with a little butter, sprinkle this with a little pepper and salt mixed, and grill the larks over a clear fire, turning them when half done.

Time—3 minutes on each side.

Sufficient for 3 or 4 persons.

No. 713.—LARK PIE.

Ingredients—

12 larks, $\frac{1}{4}$ lb. cooked bacon, 1 lb. rump steak, 2 hard-boiled eggs, $\frac{1}{2}$ lb. mushrooms, $\frac{1}{2}$ pint stock or water, 1 oz. flour, $\frac{1}{2}$ tea-spoonful pepper and salt, crust No. 400, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion, 1 egg.

Method—

Prepare the mushrooms by recipe, No. 805, and when cooked turn them with the butter into a basin to cool. Wrap each lark in a small slice of bacon, cut the steak into thin slices, and roll it up as for steak pie. Fill the pie-dish with alternate layers of steak and larks dipped in the mixture of flour, pepper, and salt. Distribute the mushrooms and hard-boiled egg evenly throughout, and pour in the stock or water. Cut a thin strip of paste and lay it round the edge, roll out the cover, put it on, and ornament the edges neatly. Beat and strain the egg, brush the crust in every part with it, and bake the pie carefully in a good oven, covering the crust with a buttered paper if it seems inclined to take too much colour.

Time—1 $\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 714.—LARK PUDDING.

Ingredients—

1 dozen larks, 1 lb. steak, 1 oz. flour, $\frac{1}{2}$ tea-spoonful pepper and salt, crust No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion, $\frac{1}{2}$ pint stock or water.

Method—

Mix the flour, pepper, and salt together on a plate, cut the steak into neat pieces, and dip each lark and piece of steak into the mixture. Butter a pudding-basin, and line it with crust, pack the basin with the larks and steak,

pour in the stock or water, and fit in the cover neatly, pinching the edges together. Tie it up in a floured cloth, plunge it into a saucepan of boiling water, and be careful not to let the water go off the boil until the pudding is cooked. Dish the pudding in the basin with a serviette neatly pinned round.

Time—4 hours.

Sufficient for 5 or 6 persons.

No. 715.—LARKS (Roast).

Ingredients—

12 larks, 2 oz. butter, $\frac{1}{4}$ pint brown gravy, fried crumbs.

Method—

Divide the butter and put a little piece on each lark, roast them in a quick oven, basting them 2 or 3 times. Serve on a hot dish with the gravy poured round, and send fried crumbs to table with them.

Time—About 8 minutes.

Sufficient for 3 or 4 persons.

No. 716.—LEEKS (Boiled).

Ingredients—

6 or 7 leeks, 1 gallon water, 2 table-spoonfuls salt, $\frac{1}{4}$ pint melted butter.

Method—

Cut off the coarser leaves and the end of the root, and trim the leeks about 6 or 7 inches long, tie them into 2 bunches, and boil them in plenty of salted boiling water for 15 minutes, then pour off the water and boil again in fresh boiling water, salted, until quite tender. Drain them carefully, and serve on toast with a little melted butter poured over.

Time—Altogether, 30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 717.—LEEKS (in Brown Sauce).

Ingredients—

6 or 7 leeks, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, 1 pint stock, 1 dessert-spoonful flour, 1 table-spoonful mushroom ketchup, seasoning pepper and salt.

Method—

Prepare the leeks, and boil them for 15 minutes as in preceding recipe. Then drain off the water, pour in the boiling stock, and stew the leeks gently until very tender. Strain $\frac{1}{2}$ pint of the stock into a fresh saucepan, mix the flour and ketchup smoothly, stir this into the stock, and simmer until nicely thickened, seasoning it with pepper and salt. Take up the leeks, drain them, put them in a very hot dish, pour the sauce over, and serve.

Time—Altogether, about 30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 718.—LEEK SOUP (Brown).

Ingredients—

2 lbs. leeks, 1 quart stock, 1 table-spoonful flour, 2 table-spoonfuls mushroom ketchup, seasoning of pepper and salt.

Method—

Put on the leeks in boiling water, and boil them for 15 minutes. Take them up, cut them into inch lengths, put them on again with the stock, and simmer them gently for 40 minutes. Mix the flour with the mushroom ketchup, stir it into the soup, and boil again until slightly thickened. Rub all through a very fine sieve with a wooden spoon, return it to the saucepan, season with pepper and salt, make very hot, and serve.

Time—Altogether, 1 hour.

Sufficient for 3 or 4 persons.

No. 719.—LEEK SOUP (White).*Ingredients—*

2 lbs. leeks, 1 quart milk, 1 tablespoonful flour, 1 oz. butter, seasoning of pepper and salt.

Method—

Boil the leeks for 15 minutes. Then take them up, cut them into inch lengths, and put them on again with 1½ pints milk, simmer them gently until quite tender. Mix the flour smoothly with the rest of the milk, add it to the soup, and boil until slightly thickened. Rub through a very fine sieve, return it to the saucepan, add a seasoning of pepper and salt, and make it very hot. Take it off the fire, put in the butter, stir until it is melted, and serve immediately.

*Time—*Altogether, 1 hour.

Sufficient for 3 or 4 persons.

No. 720.—LEMON BISCUITS.*Ingredients—*

1 lemon, ¼ lb. loaf sugar, 3 oz. butter, 8 oz. flour, 3 eggs.

Method—

Rub some of the lumps of the sugar on the lemon to extract the essential oil, then crush all the sugar to powder. Rub the butter into the flour, add the sugar, and mix well. Beat and strain the yolks of the eggs, whisk the whites to a stiff froth, add to them the yolks, and moisten the mixture with this. Drop the biscuits on to a buttered paper in tea-spoonfuls, and bake in a rather quick oven until crisp.

*Time—*About 15 minutes.

Sufficient for 2 dozen biscuits.

No. 721.—LEMONADE.*Ingredients—*

2 large or 3 small lemons, 8 lumps sugar, 1 quart boiling water.

Method—

Cut the lemon into thin slices, take out the pips, and put the lemon and sugar into a large jug, pour on them the boiling water, pressing the pieces of lemon against the side of the jug with a wooden spoon to extract the juice. Cover the jug, and let it remain for 15 minutes, then strain into a fresh jug, and set aside until quite cold.

Sufficient for 1 quart of lemonade.

No. 722.—LEMONADE (another Recipe).*Ingredients—*

The juice of 3 lemons, rind of 1, 8 lumps sugar, 1 quart boiling water.

Method—

Put the strained lemon juice and thinly peeled rind into a jug with the sugar. Pour on the boiling water, cover the jug, and let it stand for 15 minutes, then strain into a fresh jug, and set aside until quite cold.

Sufficient for 1 quart of lemonade.

No. 723.—LEMON BRANDY.*Ingredients—*

The rinds of 8 lemons, 1 pint brandy.

Method—

Fill the bottle with *very thinly* peeled rinds of fresh lemons, fill it up with brandy, cork it well, and leave it for a fortnight, then strain the brandy away from the lemon rinds, and cork it very tightly until required for use.

Sufficient for 1 pint lemon brandy.

No. 724.—LEMON CAKE.*Ingredients—*

The rind and juice of 1 lemon, 4 oz. flour, 8 oz. sifted sugar, 4 eggs.

Method—

Break the eggs, carefully separating

the whites from the yolks. Beat and strain the yolks, and mix with them gradually the sugar, flour, and grated lemon rind; beat the whites of eggs to a stiff froth, mix them in well, add the lemon juice, and beat thoroughly. Pour the mixture into a buttered mould, and bake in a moderate oven, covering the top with a buttered paper when half cooked.

Time—40 minutes.

Sufficient for 1 cake of moderate size.

No. 725.—LEMON CHEESE-CAKE MIXTURE.

Ingredients—

6 oz. pounded sugar, 2 oz. butter, strained juice of 2 small or $1\frac{1}{2}$ large lemons, finely-chopped rind of 1 lemon, 3 eggs.

Method—

Put the sugar, butter, lemon juice, and finely-chopped rind into a small lined saucepan. Beat the eggs, strain them, and add them to the other ingredients. Set the saucepan over a moderate fire, and stir constantly. The mixture will become thin and syrupy as the butter and sugar melt, and then will begin to thicken like custard. Watch it carefully, and stir it unceasingly, as it will curdle if cooked too fast. When of the consistency of honey remove it from the fire, continue stirring for a few minutes until the mixture has somewhat cooled, and then set it aside for use. It may be poured into a jar, which should be tied down with parchment paper whilst hot, and will keep good for 2 or 3 months.

Time—About 20 minutes.

Sufficient for 12 cheese-cakes.

No. 726.—LEMON CHEESE-CAKES.

Ingredients—

Puff crust No. 400, or short crust No. 403, made with 8 oz. flour, and

other ingredients in proportion, lemon cheese-cake mixture No. 725.

Method—

Make the crust as directed, roll it out thinly, and line some buttered patty-pans with it. Ornament the edges neatly, fill the centre of each with cheese-cake mixture, and bake in a moderate oven.

Time—15 to 20 minutes.

Sufficient for 12 cheese-cakes.

No. 727.—LEMON CUSTARD.

Ingredients—

The rind of 1, and juice of 2 lemons, 5 oz. sugar, $\frac{1}{2}$ pint water, 4 eggs.

Method—

Put the thinly-peeled rind and strained juice of the lemons with the sugar and water into a lined saucepan, and stir until the sugar is melted. Beat and strain the eggs, stir in the hot mixture, strain all into the saucepan again, and thicken as for custard. Take out the lemon peel, and set the custard aside in a jug to cool. Serve very cold in a silver or glass dish.

Time—Altogether, about 25 minutes.

Sufficient for 4 or 5 persons.

No. 728.—LEMON CREAM.

Ingredients—

1 pint water, $\frac{3}{4}$ oz. isinglass, 5 oz. sugar, rind of 1, and juice of 2 lemons, 3 eggs, $\frac{1}{4}$ pint cream.

Method—

Soak the isinglass in the water for 5 minutes, then add the sugar, thinly-peeled rind, and strained lemon juice, and stir over the fire until the isinglass is melted. Beat and strain the eggs, add to them the hot water, etc., gradually stirring all the time. Strain the mixture into the saucepan again, and thicken as for custard. Set it aside to cool. Whip the cream to a stiff froth,

and beat in the custard, which should be lukewarm, and continue beating until they are thoroughly mixed, then pour into a well-wetted mould, and set it aside in a cool place until quite firm.

Water must be used in making this cream, as the lemon juice would cause milk to curdle.

Sufficient for 1½-pint mould.

No. 729.—LEMON DUMPLINGS.

Ingredients—

10 oz. breadcrumbs, 1 oz. flour, 6 oz. suet, the grated rind and the juice of 2 lemons, 4 oz. sugar, 4 eggs.

Method—

Chop the suet finely, and mix with it the breadcrumbs, flour, sugar, and lemon rind. Beat and strain the eggs, moisten the mixture with them, add the lemon juice, and beat vigorously for 2 or 3 minutes. Make into small dumplings, tie them into small floured cloths, plunge them into boiling water, and be careful not to let the water go off the boil until they are done. Take them out of the cloths, sift a little sugar over, and serve very hot.

*Time—*1 hour.

Sufficient for 7 or 8 dumplings.

No. 730.—LEMON FRITTERS.

Ingredients—

3 oz. fine breadcrumbs, 2 oz. finely-chopped suet, 2 oz. sugar, grated rind of ½ a lemon, juice of 1 lemon, 1 dessert-spoonful flour, 2 eggs, lard for frying.

Method—

Mix the breadcrumbs, suet, sugar, flour, and lemon rind together in a basin. Beat and strain the eggs, moisten the mixture with them, add the lemon juice, and beat the mixture thoroughly. Divide it into small fritters with a dessert-spoon, and drop them into a frying-basket in a saucepan

of boiling lard. Fry a light golden brown, turn them on to kitchen paper to drain, and serve very hot, with sifted sugar handed round.

*Time—*6 or 8 minutes.

Sufficient for 5 or 6 persons.

No. 731.—LEMON JELLY.

Ingredients—

The juice of 3 lemons, the rind of 1, 6 oz. sugar, 1 oz. isinglass, 1½ pints hot water, the whites and shells of 2 eggs, 1 wine-glass cold water, 1 wine-glass lemon brandy.

Method—

Put the isinglass in a lined saucepan, pour on the hot water, let it soak 10 minutes, add the strained lemon juice, thinly-peeled rind, and the sugar. Beat up the whites and crushed shells of the eggs with a wine-glassful of cold water, and add them to the other ingredients, heat all gradually to boiling point, stirring occasionally. Take out the spoon, and simmer for 10 minutes, strain through a jelly-bag, and should what first passes through not be quite clear, strain a second time, add the lemon brandy, and pour the jelly into a well-wetted mould.

Sufficient for 1-quart mould.

No. 732.—LEMON MINCEMEAT.

Ingredients—

2 large lemons, ½ lb. raisins, ½ lb. currants, ½ lb. sugar, ½ lb. suet, ¼ lb. candied peel, ¼ tea-spoonful mixed spice, ½ a grated nutmeg, ¼ pint sherry.

Method—

Boil the lemons for an hour in sufficient water to cover them until they are quite tender, then chop them finely, carefully extracting the pips. Chop the suet small, stone and chop the raisins, wash and pick the currants, and cut the candied peel into very small pieces, mix these with the lemons, adding the sugar and spice, stir all

thoroughly together, add the sherry, and put the mincemeat away in jars covered with parchment covers. If required to keep any length of time, a wine-glassful of brandy should be added to the mincemeat. It should be made 3 or 4 days before it is required for use.

Time—1 hour to boil lemons.

Sufficient for 3 lbs. mincemeat.

No. 733.—LEMON PUDDING
(Baked).

Ingredients—

8 oz. breadcrumbs, 4 oz. finely-chopped suet, 4 oz. pounded sugar, the grated rind of $\frac{1}{2}$ a lemon, the juice of 1 large or 2 small lemons, 4 eggs.

Method—

Mix together the breadcrumbs, suet, sugar, and lemon rind. Beat and strain the eggs, and add them with the lemon juice to the other ingredients. Beat the mixture vigorously, turn it into a buttered pie-dish, and bake in a good oven.

Time—1 hour.

Sufficient for 4 or 5 persons.

No. 734.—LEMON PUDDING,
Baked (Very Good).

Ingredients—

4 oz. butter, 8 oz. sugar, 4 eggs, grated rind of $\frac{1}{2}$ a lemon, juice of 1 lemon.

Method—

Beat the butter to a cream with a wooden spoon, then dredge in the sugar and grated lemon rind. Beat and strain the eggs, and add them to the mixture, stirring thoroughly, add the lemon juice, beat well in, and turn the mixture into a buttered pie-dish. Bake in a gentle oven, and sift a little sugar over the top when cooked.

Time—40 minutes.

Sufficient for 4 or 5 persons.

No. 735.—LEMON PUDDING (Boiled).

Ingredients—

8 oz. breadcrumbs, 4 oz. suet, 4 oz. pounded sugar, the grated rind of $\frac{1}{2}$ a lemon, the juice of 1 large or 2 small lemons, 4 eggs, $\frac{1}{2}$ pint lemon sauce

No. 737.

Method—

Chop the suet very finely, mix with it the breadcrumbs, sugar, and lemon rind, beat and strain the eggs, and moisten the mixture with them, add the lemon juice, beat thoroughly, and put the pudding into a well-buttered basin. Cover the top with a buttered paper, tie it down securely in a floured cloth, and boil it in plenty of boiling water. Turn it out carefully, sprinkle a little sifted sugar over, and send sifted sugar and lemon sauce to table with it.

Time—2 hours.

Sufficient for 4 or 5 persons.

No. 736.—LEMON SANDWICHES.

Ingredients—

$\frac{1}{2}$ lb. lemon cheese-cake mixture No. 725, short crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Roll out the paste into two very thin sheets of equal size. Put one on a baking-tin, spread it with the cheese-cake mixture, and cover it with the other paste. Mark it with the back of a knife into slips, 1 inch broad and $3\frac{1}{2}$ long, and bake it in a fairly quick oven until crisp. Cut it into pieces whilst still hot, and sift sugar on them. Serve cold, piled cross-wise on a silver or glass dish.

Time—20 minutes.

Sufficient for 12 sandwiches.

No. 737.—LEMON SAUCE (for Puddings).*Ingredients—*

The rind and juice of 1 large or 2 small lemons, $\frac{1}{4}$ -pint water, 6 lumps sugar, 1 table-spoonful sherry, 1 small tea-spoonful arrowroot.

Method—

Put the lemon juice and thinly-peeled rind into a saucepan with the sugar and water, and boil them together for 10 minutes. Take out the lemon peel, mix the arrowroot smoothly with the sherry, stir this into the sauce, and simmer gently until slightly thickened. Strain, and serve.

*Time—*Altogether, about 13 minutes.

Sufficient for 4 or 5 persons.

No. 738.—LEMON SPONGE.*Ingredients—*

2 lemons, $\frac{1}{2}$ oz. isinglass, 5 oz. sugar, whites of 2 eggs, $\frac{3}{4}$ pint water.

Method—

Soak the isinglass in the cold water, add the sugar and the strained juice, and very finely-peeled rind of the lemons, and put all into a lined saucepan over a gentle fire. Let it come to the boil, simmer for 5 minutes, then strain through a fine sieve into a basin, and leave it until nearly set. When just becoming firm, whisk the whites of the eggs to as firm a froth as possible, add the jelly, a spoonful at a time, and continue whisking, if possible over ice, for 10 minutes, when it will have become the consistency of sponge. Pour the mixture into a well-wetted mould, and set it aside until quite firm. When required for table turn it out carefully, and serve in a silver or glass dish.

Sufficient for 1 $\frac{1}{2}$ -pint mould.

739.—LENTILS (To Boil).*Ingredients—*

$\frac{1}{2}$ pint lentils, 1 quart water, 1 tea-spoonful salt, $\frac{1}{2}$ oz. butter, seasoning pepper and salt.

Method—

Soak the lentils in cold water for 12 hours. Put them into boiling water, salted, and boil them for 3 hours, drain them, put them back in the saucepan, add the butter and a seasoning of pepper and salt, shake the saucepan round until the butter is melted, and serve.

*Time—*3 hours.

Sufficient for 4 or 5 persons.

No. 740.—LENTILS (à la Crème).*Ingredients—*

$\frac{1}{2}$ pint lentils, 1 quart water, 1 tea-spoonful salt, $\frac{1}{4}$ pint thick cream, seasoning of pepper and salt.

Method—

Soak and boil the lentils as in preceding recipe. Strain them, add the cream, pepper, and salt, simmer for 3 or 4 minutes, and serve very hot.

*Time—*To boil, 3 hours.

To simmer, 3 minutes.

Sufficient for 4 or 5 persons.

No. 741.—LENTIL SOUP.*Ingredients—*

$\frac{1}{4}$ pint lentils, 1 quart stock, seasoning pepper and salt.

Method—

Soak the lentils for 12 hours in cold water, then put them into boiling water and boil them for 1 $\frac{1}{2}$ hours; strain off the water, add the stock, and boil again for 2 hours. Rub the soup through a sieve with a wooden spoon, heat it afresh, season with pepper and salt, and serve very hot.

*Time—*3 $\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 742.—LENTIL SOUP (Without Meat).*Ingredients—*

$\frac{1}{4}$ pint lentils, 2 onions, 1 carrot, 1 turnip, $\frac{1}{2}$ head of celery, 1 sprig parsley, $\frac{1}{2}$ tea-spoonful dried sweet herbs, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 3 pints water, 1 oz. butter, seasoning of pepper and salt.

Method—

Soak the lentils for 12 hours, put them in a stewpan with the water and bring to the boil, then add the vegetables sliced, and parsley, herbs, peppercorns, and salt, bring again to the boil, and simmer gently for 4 hours. Rub the soup through a fine sieve, heat it afresh, stir in the butter, and as soon as it is melted add a seasoning of pepper and salt, and serve very hot.

*Time—*Altogether, $4\frac{1}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 743.—LETTUCES (To Prepare for Salad).*Ingredients—*

Lettuce, 2 quarts water, 1 table-spoonful salt.

Method—

Pull off the coarse outer leaves, cut away the stalk, divide the lettuces in halves, and let them soak in water, salted in above proportion, for 2 hours. Then see that they are perfectly clean, drain them, and wring them dry in a very clean cloth. Pull the leaves into small pieces with the fingers, do not cut them with a knife. Small round lettuces, if served with the cheese course, should be only quartered after being soaked and dried.

No. 744.—LETTUCES (Boiled).*Ingredients—*

2 or 3 lettuces, $\frac{1}{2}$ gallon water, 1 table-spoonful salt.

Method—

Remove the outer leaves, and cut the lettuces in quarters if very large. Wash them well, and throw them into plenty of boiling water, salted in above proportion. Cook them rather quickly, and when done drain them thoroughly, and chop them slightly across and lengthwise, as for cabbage.

*Time—*20 to 30 minutes, according to age.

Sufficient for 4 or 5 persons.

No. 745.—LEVERET (Roast).*Ingredients—*

1 leveret, clarified dripping for basting, $\frac{1}{4}$ pint brown gravy.

Method—

Cover the leveret with bacon, and roast it before a clear fire or in a good oven, basting it continually. Five minutes before serving take off the bacon, dredge the leveret with flour, and baste it well until it froths nicely. Serve in a hot dish, with the gravy poured round, and send red currant or barberry jelly to table with it.

*Time—*35 to 40 minutes.

Sufficient for 3 or 4 persons.

No 746—LIVER AND BACON.*Ingredients—*

1 lb. calf's liver, $\frac{1}{2}$ lb. bacon, $\frac{1}{2}$ pint stock, 1 table-spoonful flour, 1 table-spoonful mushroom ketchup, 1 dessert-spoonful flour, seasoning pepper and salt.

Method—

Heat the stock in a small saucepan, mix the flour and ketchup together smoothly, and stir this into the stock until it is nicely thickened; if necessary, add a few drops of browning to enrich the colour. Cut the bacon into thin rashers, divide them if long, and

fry them crisply. Lift out the bacon, and keep it very hot. Cut the liver into slices, $\frac{1}{4}$ inch in thickness, mix the dessert-spoonful of flour with the pepper and salt, dip each piece of liver in this, and fry it in the fat from the bacon. Dish the liver and bacon carefully, pour the sauce over, and serve immediately.

Time—To fry bacon, 5 minutes.

To fry liver, 10 minutes.

Sufficient for 4 or 5 persons.

No. 747.—LOBSTERS (To Choose).

Lobsters, if bought alive, should feel heavy for their size, and be full of motion. If freshly cooked they should be very stiff, and the tails much curved inwards. Cooked lobsters should also feel heavy. The hen lobster is much prized on account of the coral, which is very valuable for garnishing and for use in sauces.

No. 748.—LOBSTERS (To Boil).

Method—

Have ready a large pan of fast-boiling water, salted in the proportion of 4 oz. salt to 1 gallon water. Throw in the lobsters one at a time, and be sure the water is really boiling, so that life may be destroyed instantly. To put on lobsters merely in hot water is a barbarous, unnecessary, and inexcusable cruelty, as their flavour is by no means improved by this method of cooking.

Time—Small lobsters, 15 minutes.

Medium size, 20 to 30 minutes.

Large lobsters, 30 to 45 minutes.

No. 749.—LOBSTER (au Béchamel).

Ingredients—

1 large or 2 small lobsters, $\frac{1}{2}$ pint béchamel sauce No. 137, or melted butter No. 227, juice of $\frac{1}{2}$ a lemon.

Method—

Take the flesh from the claws and tail, and cut it into dice, and pound the coral in the mortar. Heat the béchamel in a lined saucepan, add the coral, and stir over the fire until the sauce is smooth and pink. Add the pieces of lobster with the lemon juice, and let it heat slowly by the side of the fire for 20 minutes. Serve very hot.

If there should be no coral to the lobster, use a few drops of cochineal to colour the sauce a delicate pink.

Time—To heat lobster, 20 minutes.

Sufficient for 3 or 4 persons.

No. 750.—LOBSTER (Curried).

Ingredients—

1 lobster, or the remains of cold lobsters, 1 tea-spoonful curry powder, 1 tea-spoonful flour, $\frac{1}{2}$ pint curry sauce No. 416.

Method—

Cut up the flesh of the lobster into small, neat pieces, and rub each piece in the curry powder and flour mixed. Have ready $\frac{1}{2}$ pint of curry sauce very hot, put in the lobster, and let it heat slowly through by the side of the fire.

Time—To heat lobster, 20 minutes.

Sufficient for 2 or 3 persons.

No. 751.—LOBSTER (Cutlets of).

Ingredients—

2 lobsters, 1 egg, breadcrumbs, $\frac{1}{4}$ pint lobster sauce No. 759.

Method—

Open the lobster out flat, and cut each tail into 4 slices lengthwise, thus making 8 cutlets; egg and breadcrumb them carefully, and arrange them in a frying-basket. Plunge the basket into a saucepan of boiling fat, and fry the cutlets a delicate golden brown. Make $\frac{1}{4}$ pint of lobster sauce, using the claws

and soft creamy parts of the lobster. Dish the cutlets in a circle, pour the sauce in the centre, and serve very hot.

Time—To fry cutlets, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 752.—LOBSTER CUTLETS.

Ingredients—

2 medium-sized lobsters, 2 oz. butter, $\frac{1}{2}$ tea-spoonful salt, pinch of cayenne, 1 egg, breadcrumbs.

Method—

Remove the flesh from the claws and tails, cut away the coarse skin of the tail, and cut all the flesh into small dice. Turn it into a mortar and pound it to a smooth paste, adding the butter and seasoning by degrees. When quite smooth form the paste into small cutlets, stick a little piece of the smaller claws into each to simulate a bone, egg and breadcrumb them carefully, and arrange them in a frying-basket. Plunge the basket into plenty of boiling fat, and fry the cutlets a delicate golden brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fresh parsley.

Time—To fry cutlets, 6 or 7 minutes.

Sufficient for 7 or 8 cutlets.

No. 753.—LOBSTER CUTLETS (Another Recipe).

Ingredients—

1 medium-sized lobster, $\frac{1}{2}$ pint melted butter No. 227, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ tea-spoonful minced onion, juice of $\frac{1}{2}$ a lemon, yolks of 2 eggs, seasoning pepper and salt, 1 egg, breadcrumbs, frying fat.

Method—

Put the onion and butter into a small saucepan, and fry for 2 or 3 minutes. Remove all the meat from the tail and claws of the lobster, and cut it into very small dice. Add it and the

melted butter to the onion and butter, and stir them over the fire until hot. Beat and strain the yolks of eggs, stir them into the mixture, add the lemon juice and seasoning, and continue to stir over the fire until the sauce thickens like custard, but be very careful not to let it boil, then set it aside to cool. When cold, make it into small rolls, about $2\frac{1}{2}$ inches long and 1 inch thick, stick in a small piece of claw to simulate a bone, dip these into beaten egg, cover them with fine breadcrumbs, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet, plunge the basket into this, and fry the cutlets a light golden brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley.

Time—To cook mixture, 10 to 15 minutes.

To fry cutlets, 6 or 7 minutes.

Sufficient for 5 or 6 cutlets.

No. 754.—LOBSTERS (To Dress).

Method—

Take off the large claws, crack them with a mallet, but do not hit them so heavily as to splinter the shell. Split the body and the tail of the lobster open with a very sharp knife, divide from the tail, and dish the body of the lobster upright in the dish with the pieces of tail and claws round, garnish with very fresh parsley, and serve. A fresh salad should be sent to table with this dish.

Two lobsters are required to make a pretty dish.

No. 755.—LOBSTER (Hot).

Ingredients—

1 lobster, 1 oz. butter, 1 large tea-spoonful flour, 1 tea-spoonful vinegar, small pinch cayenne.

Method—

Take the flesh out of the claws and body of the lobster, and divide it into

small flakes. Melt the butter in a small saucepan, dredge in the flour and stir until perfectly smooth, put in the pieces of lobster, and heat it gently over the fire. Stir constantly, to prevent the lobster burning, let it become very hot, then stir in the vinegar and cayenne, and serve in the shell of the lobster.

Time—To heat lobster, about 10 minutes.

Sufficient for 2 or 3 persons.

No. 756.—LOBSTER OMELET.

Ingredients—

1 small lobster, 4 eggs, seasoning pepper and salt, 2 oz. butter.

Method—

Have a very freshly-boiled lobster, remove all the flesh from the claws and tail, and cut it up finely. Whisk the eggs for 3 minutes, strain them, then add the lobster and seasoning, and whisk again to mix thoroughly. Dissolve the butter in a small pan, and pour in the mixture. Place over a moderate fire, and stir one way until the omelet is set. Turn it on to a very hot dish, fold it in two, and serve immediately.

Time—To cook omelet, 3 to 5 minutes.

Sufficient for 2 or 3 persons.

No. 757.—LOBSTER PATTIES.

Ingredients—

1 lobster, $\frac{1}{2}$ pint béchamel sauce No. 137, or melted butter No. 227, seasoning pepper and salt, juice of $\frac{1}{2}$ a lemon, 12 patty-cases No. 907.

Method—

Take the flesh from the claws and tail of the lobster, and cut it into small dice. Heat the béchamel in a lined saucepan, put in the pieces of lobster, add a seasoning of pepper and salt and the lemon juice, stir well, and then let it heat slowly by the side of

the fire. Heat the patty-cases in the oven, fill them equally with the hot lobster, and serve very hot.

Time—To heat lobster, 20 minutes.

Sufficient for 12 lobster patties.

No. 758.—LOBSTER SALAD.

Ingredients—

2 medium-sized lobsters (1 of them hen), salad No. 1047, mayonnaise dressing No. 784, 4 eggs.

Method—

Pound part of the coral, reserving some for decorating, mix it with the dressing and soft creamy part of the lobster, and add a few drops of cochineal, if necessary, to make the dressing a delicate pink. Take out the flesh from the claws and tails of the lobsters, and divide it into nice pieces. Let your salad be very fresh and carefully prepared. Put a layer at the bottom of the bowl, then a layer of lobster, and pour over a little dressing, cover this with more salad, lobster, and dressing, and proceed in this manner until all is used, building up the salad into a cone shape, and finishing the top with a layer of salad. Sprinkle the lobster coral over, and garnish the edge of the salad with hard-boiled eggs cut into quarters.

Sufficient for 5 or 6 persons.

No. 759.—LOBSTER SAUCE.

Ingredients—

$\frac{1}{2}$ pint béchamel sauce No. 137, or melted butter No. 227, 1 small lobster, small $\frac{1}{2}$ tea-spoonful anchovy paste, seasoning salt and cayenne, juice of $\frac{1}{2}$ a lemon, a few drops of cochineal.

Method—

Have ready the sauce very hot, put in the anchovy paste, and stir until melted. Remove the meat from the tail and claws of the lobster,

and cut it into very small dice. Stir it into the sauce, add the lemon juice, salt, and cayenne, and let the lobster heat slowly through by the side of the fire, add a few drops of cochineal to make the sauce a delicate pink, and serve very hot.

Time—To heat lobster, about 15 minutes.

Sufficient for 4 or 5 persons.

No. 760.—LOBSTER SAUCE (Very Fine).

Ingredients—

1 medium-sized hen lobster, 1 oz. butter, $\frac{1}{2}$ pint white sauce No. 1211, seasoning salt and cayenne.

Method—

Remove all the meat from the tail and claws, and cut it into small dice. Put the coral in the mortar and pound it to a smooth paste, adding the butter a little at a time. Have ready $\frac{1}{2}$ pint of white sauce very hot, add the pounded coral and the seasoning, and stir over the fire until smooth and thick. Add the lobster, and let it heat slowly by the side of the fire. Serve very hot.

Time—To heat lobster, 15 minutes.

Sufficient for 4 or 5 persons.

No. 761.—MACARONI (To Boil).

Ingredients—

3 oz. macaroni, 1 quart water, 1 tea-spoonful salt, $\frac{1}{4}$ oz. butter.

Method—

Let the water boil quickly, add the salt and butter, and drop in the macaroni by degrees, so as not to stop the water boiling as the macaroni is added. Boil gently until quite tender, drain well, and serve immediately.

Time—Naples macaroni, $\frac{3}{4}$ hour. Genoa, 1 hour.

Sufficient for 3 or 4 persons.

No. 762.—MACARONI (à la Crème).

Ingredients—

3 oz. macaroni, 1 oz. butter, $\frac{1}{4}$ lb. English cheese, 2 table-spoonfuls milk, $\frac{1}{4}$ pint thick cream, seasoning salt and cayenne.

Method—

Boil the macaroni as directed in preceding recipe, and drain it thoroughly. Pound the cheese and butter together in a mortar. Put the cream and milk into a lined saucepan, and boil them for 2 minutes. Add the pounded cheese, and stir until it is dissolved and the whole is quite smooth. Then add the macaroni gently, taking care not to break it, season with a little salt and cayenne, turn it into a silver dish, and serve very hot.

Time—Exclusive of boiling macaroni, 7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 763.—MACARONI (au Gratin).

Ingredients—

3 oz. macaroni, 1 oz. English cheese grated, 1 oz. grated Parmesan, 1 oz. butter, 1 oz. fine breadcrumbs, pepper and salt.

Method—

Divide the macaroni into 2-inch lengths, boil it by recipe No. 761, drain well, and put part of it into a fireproof dish. Mix the crumbs, grated cheese, pepper, and salt together, and sprinkle half the quantity on the macaroni. Cover this with the rest of the macaroni, and then the rest of the breadcrumbs and cheese, dot little pieces of butter over, and bake in a good oven. Brown the top with a salamander if necessary, and serve in the dish it was cooked in, placed on a clean serviette in another dish.

Time—To bake, 10 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 764.—MACARONI (au Gratin, Another Recipe).*Ingredients—*

3 oz. macaroni, 1 oz. English cheese, 1 oz. Parmesan, 1 oz. butter, $\frac{1}{2}$ pint melted butter No. 227, 1 oz. bread-crumbs, pepper and salt.

Method—

Prepare and boil the macaroni as in recipe No. 761, drain well, and arrange in a fireproof dish. Have ready the sauce, stir in the grated cheese and butter, reserving 1 dessert-spoonful of cheese, which mix with the bread-crumbs. Pour the sauce over the macaroni, sprinkle the mixed cheese and breadcrumbs over it, add a seasoning of pepper and salt, and bake in a good oven until nicely browned.

Time—10 minutes.

Sufficient for 3 or 4 persons.

No. 765.—MACARONI (à l'Italienne).*Ingredients—*

3 oz. macaroni, 1 oz. English cheese grated, 1 oz. grated Parmesan cheese, 1 oz. butter, $\frac{1}{2}$ lb. tomatoes, 2 table-spoonfuls stock, seasoning pepper and salt.

Method—

Remove their stalks, squeeze out gently the water and pips, then slice the tomatoes, put them into a saucepan with the stock, and stew them gently until quite tender, then rub them through a fine sieve to remove seeds and skin. Boil the macaroni as in recipe No. 761, drain it, and put it into a lined saucepan with the cheese and butter, stir until the cheese is melted, then add the purée of tomatoes, season with pepper and salt, mix well, and serve very hot.

Time—To cook tomatoes, 30 minutes. To cook the mixture, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 766.—MACARONI (à la Neapolitaine).*Ingredients—*

3 oz. macaroni, 1 oz. grated Parmesan, 1 oz. grated English cheese, 1 oz. butter, seasoning pepper and salt.

Method—

Boil the macaroni by recipe No. 761, drain it carefully, and return it to the saucepan, sprinkle over it the grated cheese, add the butter in small pieces, and toss over the fire until the butter is melted, season with pepper and salt, and serve immediately, as hot as possible.

Time—Exclusive of boiling macaroni, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 767.—MACARONI PUDDING.*Ingredients—*

3 oz. macaroni, 1 oz. butter, $\frac{3}{4}$ pint milk, 2 eggs, 3 oz. sugar.

Method—

Boil the macaroni by recipe No. 761, drain it, add the butter and pounded sugar, and mix them well together, then turn all into a pie-dish. Beat and strain the eggs, add the milk to them, pour this over the macaroni, and bake in a moderate oven.

Time—30 minutes.

Sufficient for 3 or 4 persons.

No. 768.—MACARONI SOUP.*Ingredients—*

2 oz. macaroni, 1 quart bouillon, 2 oz. grated Parmesan.

Method—

Break the macaroni into inch lengths, and boil it by recipe No. 761, then drain it carefully. Have ready the bouillon boiling, put in the macaroni, and simmer for 10 minutes.

Send Parmesan cheese to table to be handed round with the soup.

Sufficient for 3 or 4 persons.

No. 769.—MACAROONS.*Ingredients—*

$\frac{1}{2}$ lb. sweet almonds, 8 bitter almonds, whites of 4 eggs, $\frac{3}{4}$ lb. pounded sugar, wafer paper.

Method—

Blanch the almonds, reserve a few, and pound the rest to a smooth paste. Beat the eggs to as stiff a froth as possible, then stir in quickly the sugar and almonds, mix them thoroughly, and drop the mixture in large teaspoonfuls on wafer paper. Divide the almonds reserved into small strips, put a few on each macaroon, and bake in a gentle oven until nicely browned. Wafer paper may be procured at good grocers or confectioners.

*Time—*15 to 20 minutes.

Sufficient for 12 macaroons.

**No. 770.—MACAROON MIXTURE
(For Tarts).***Ingredients—*

4 oz. sweet almonds, 4 bitter almonds, 5 oz. pounded sugar, whites of 2 eggs.

Method—

Blanch the almonds, and pound them to a smooth paste. Beat the eggs to as stiff a froth as possible, stir in the sugar and almonds quickly, mix well, and use at once.

Sufficient for 1 tart or 12 tartlets.

No. 771.—MACAROON TARTLETS.*Ingredients—*

Macaroon mixture No. 770, short crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Prepare the macaroon mixture as directed, butter a dozen patty-pans, and line them with the short crust, rolled out very thin, ornament the edges, and put into each tartlet a dessert-spoonful

of macaroon mixture. Bake the tartlets in a moderately quick oven until crisp, then slip them off the patty-pans, and put them in a dry place to cool. Serve cold.

*Time—*About 20 minutes.

Sufficient for 12 tartlets.

No. 772.—MACKEREL (Baked).*Ingredients—*

2 medium sized mackerel, forcemeat No. 535, 1 oz. butter, juice of $\frac{1}{2}$ a small lemon, seasoning pepper and salt.

Method—

Let the fish be thoroughly cleaned, fill them with the forcemeat, tie them up with tape, and lay them in a baking-dish. Put little pieces of butter over them, season with pepper and salt, and squeeze a little lemon juice on each. Bake in a moderate oven, and when cooked serve on a clean fish-napkin, garnished with parsley and cut lemon. Send fennel sauce or melted butter to table with them.

*Time—*30 minutes.

Sufficient for 2 or 3 persons.

No. 773.—MACKEREL (Boiled).*Ingredients—*

2 medium-sized mackerel, 1 quart water, 1 dessert-spoonful salt, $\frac{1}{4}$ pint of fennel sauce No. 514.

Method—

Let the fish be thoroughly cleaned, lay them in the fish-kettle, and cover them with water, salted in above proportion. Bring gradually to the boil, and simmer gently until done, skimming them carefully. Take them out, drain well, and serve on a hot napkin, garnished with fennel. Send fennel sauce to table with them.

*Time—*After the water boils, 10 to 15 minutes.

Sufficient for 2 or 3 persons.

No. 774.—MACKEREL (Broiled).*Ingredients—*

2 medium - sized mackerel, 2 oz. butter, small tea-spoonful chopped parsley, seasoning pepper and salt, the juice of $\frac{1}{2}$ a small lemon.

Method—

See that the mackerel is very thoroughly cleaned, split it up the back, and open it out flat. Spread a little butter over it, season with pepper and salt, and broil it over a clear fire, turning it when half done. Sprinkle the inside with a little parsley, dot some butter over, squeeze the lemon on all, let the butter melt, and serve very hot on a clean napkin, garnished with parsley and cut lemon.

*Time—*10 minutes.

Sufficient for 2 or 3 persons.

No. 775.—MACKEREL (Fried).*Ingredients—*

2 large mackerel, 1 tea-spoonful minced parsley, $\frac{1}{2}$ tea-spoonful mixed herbs, seasoning pepper and salt, 1 egg, breadcrumbs, frying fat.

Method—

Clean and fillet the fish, and wipe it quite dry on a clean cloth. Beat and strain the egg, and mix the breadcrumbs, parsley, herbs, pepper, and salt together. Dip each fillet into egg, and cover it with the breadcrumbs, etc. Arrange them in a frying-basket, plunge this into boiling fat, and fry the fillets a golden brown. Turn them on to kitchen paper to drain, and serve very hot, garnished with fried parsley.

*Time—*7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 776.—MADEIRA CAKE.*Ingredients—*

6 oz. flour, 4 oz. sugar, 4 oz. butter, 4 eggs, grated rind of 1 lemon.

Method—

Beat and strain the eggs, then add gradually the sugar, and dredge in the flour, beating all the time. Add the butter, which must be melted, but not hot, a tea-spoonful at a time, beating thoroughly as each portion is added. Add the lemon rind, beat well, turn the mixture into a cake-tin lined with buttered paper, and bake in a moderate oven, covering the top with paper if it is inclined to burn.

*Time—*1 hour.

Sufficient for 1 cake of moderate size.

No. 777.—MARASCHINO BAVARROISE.*Ingredients—*

1 oz. isinglass, 1 pint water, juice of 2 lemons, 4 oz. sugar, 3 table-spoonfuls maraschino, 1 dessert-spoonful brandy, $\frac{1}{2}$ pint cream.

Method—

Put the isinglass, sugar, strained lemon juice, and water into a lined saucepan, bring to the boil, and let it simmer for 10 minutes, then strain it into a basin, add the maraschino and brandy, and set it aside to cool. When just becoming a light jelly, whip the cream to a stiff froth, and add the jelly, spoonful by spoonful, to it, beating all the time. Continue to beat the bavaroise for about 10 minutes until it becomes very thick, then pour it into a well-wetted mould, and set it aside for some hours in a cool place, and on ice if possible.

Sufficient for 1-quart mould.

No. 778.—MARASCHINO CREAM.*Ingredients—*

1 oz. isinglass, 1 pint milk, 5 oz. sugar, 3 eggs, 3 table-spoonfuls maraschino, 1 dessert-spoonful brandy, $\frac{1}{4}$ pint cream.

Method—

Soak the isinglass in the milk for 5 minutes, then add the sugar, and stir them over the fire until they are melted. Beat and strain the eggs, and add the hot milk, etc., to them gradually, stirring all the time. Strain the mixture into the saucepan again, thicken as for custard, and set it aside to cool. Whip the cream to a stiff froth, adding the maraschino and brandy a little at a time, then beat in the custard, which must be lukewarm, gradually, and continue beating until they are thoroughly mixed. Pour into a well-wetted mould, and set it aside in a cool place (on ice if possible) until quite firm. It should be made some hours before it is required.

Sufficient for 1½-pint mould.

No. 779.—MARASCHINO JELLY
(With Strawberries).

Ingredients—

18 strawberries, 3 table-spoonfuls maraschino, 1 dessert-spoonful of brandy, 1 oz. isinglass, 1¼ pints hot water, juice of 2 lemons, rind of 1 lemon, 5 oz. sugar, whites and shells of 2 eggs, 1 wine-glass cold water.

Method—

Put the isinglass in a lined saucepan with the water, strained lemon juice, thinly-peeled lemon rind, and the sugar, let them remain for ¼ of an hour until the sugar is melted, then beat the whites and crushed shells of the eggs with the wine-glassful of cold water, and add them to the other ingredients; heat all to boiling point, stirring occasionally until it boils, but do not touch it afterwards. Simmer gently for 10 minutes, then strain through a jelly-bag, which has previously been wrung out of hot water, pouring back what first runs through should it not be perfectly clear, add the maraschino and brandy, and set it aside to cool. Soak a mould with knobs in cold water for half

an hour, drain it carefully, press a strawberry gently into each knob, pour in a little jelly, just sufficient to form a setting for the fruit, and let it set. When it is firm, add more jelly to the depth of an inch. Let that set. Then lay in 3 or 4 more strawberries. Pour in a little more jelly (but very carefully, or the fruit will float to the top), let this set, and continue in this manner until all the fruit and jelly is used. In warm weather it is almost imperative to keep the mould on ice, or the jelly will not be firm. If ice cannot be obtained an additional ½ oz. of isinglass must be used.

Sufficient for 1-quart mould.

No. 780.—MARINADE.

Ingredients—

¼ pint salad oil, 1 table-spoonful vinegar, 1 small onion, 12 peppercorns, ½ tea-spoonful salt, ½ tea-spoonful mixed sweet herbs, 1 dessert-spoonful minced parsley, grated rind of ¼ lemon.

Method—

Slice the onion thinly, add the minced parsley and lemon rind, and mix well together with all the other ingredients in a deep pie-dish. Put in the meat or fish to be marinated, turn it from time to time, and tilt the pie-dish backwards and forwards occasionally, so that it may be completely covered. Let it soak for a few hours. When wanted, drain for a minute or two before using. Cutlets and all fried fish are immensely improved by being laid in a marinade before cooking.

No. 781.—MARROW BONES (To Boil).

Ingredients—

2 marrow-bones, flour, and water paste.

Method—

Saw the bones in half, and the ends of the bones even, so that they can stand upright. Put a piece of flour and water paste very carefully over the ends of each, that the marrow may not boil out. Tie each bone up tightly in a very clean cloth, put it (upright if possible) into a saucepan of boiling water, and keep the water boiling until the bones are cooked. Take off the cloths, remove the paste, and serve the bones, standing upright, on a hot napkin, garnished with fresh parsley.

Send some neat pieces of hot toast, $\frac{1}{3}$ of an inch in thickness, to table with them.

Time—2 hours.

Sufficient for 3 or 4 persons.

No. 782.—MARROW DUMPLINGS.*Ingredients—*

2 oz. marrow, 1 oz. butter, $\frac{1}{4}$ lb. breadcrumbs, $\frac{1}{2}$ pint milk, 1 small tea-spoonful finely-chopped parsley, $\frac{1}{2}$ tea-spoonful finely-chopped onion, seasoning of pepper and salt, 2 eggs, 1 quart stock.

Method—

Put the breadcrumbs into a basin, pour on them the milk, heated to boiling point, cover them over, and set aside to cool. Beat the marrow and butter together to a cream, and add them to the soaked crumbs with the onion, parsley, and seasoning. Beat and strain the eggs, and add them to the mixture, beating them well in. Have ready the stock, boiling hot, make the mixture into small dumplings, drop them into the stock, and boil them quickly until cooked. Take them out carefully, and serve them with meat instead of suet dumplings.

The stock should be strained into a clean basin, as it can be used again for other dishes.

Time—To boil dumplings, 30 minutes.

Sufficient for 7 or 8 dumplings.

No. 783.—MARROW PUDDING.*Ingredients—*

4 oz. marrow, 4 oz. breadcrumbs, 4 oz. raisins, 2 oz. candied peel, 4 oz. sugar, 1 pint milk, 4 eggs.

Method—

Put the breadcrumbs into a basin, and pour on them the milk, heated to boiling point. Cover them over and let them cool. Cut the marrow with a sharp knife into thin flakes, stone and halve the raisins, and cut the candied peel into very small pieces; add all these and the sugar to the soaked breadcrumbs, and mix well. Beat and strain the eggs, add them to the mixture, pour into a pie-dish, and bake in a moderate oven.

Time—45 minutes.

Sufficient for 5 or 6 persons.

No. 784.—MAYONNAISE DRESSING.*Ingredients—*

Yolk of 1 fresh egg, yolk of 1 hard-boiled egg, 6 table-spoonfuls finest Lucca oil, 2 table-spoonfuls vinegar, 1 salt-spoonful salt, a little pepper.

Method—

Remove the speck, and put the yolk of the raw egg into a good-sized bowl, add the hard-boiled yolk, and rub them together with a wooden spoon until quite smooth, then add pepper and salt, and mix well. Drop in the oil, 2 or 3 drops at a time, and stir until perfectly mixed before adding any more. When all the oil is used add the vinegar in the same manner, *very gradually*, or the sauce will curdle and be useless. Great patience is necessary to make these dressings successfully. The sauce should be smooth, very thick, and a creamy yellow.

Time—30 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 785.—MAYONNAISE DRESSING
(Very Fine).*Ingredients—*

Yolk of 1 raw egg, yolk of 1 hard-boiled egg, 6 table-spoonfuls finest Lucca oil, 2 table-spoonfuls vinegar, seasoning of pepper and salt, $\frac{1}{4}$ pint thick cream.

Method—

Proceed exactly as directed in preceding recipe. When the mayonnaise is finished, add the cream, whipped to a stiff froth, a little at a time; when all is added beat all together a little more, and it is ready for use.

*Time—*About 50 minutes.

Sufficient for 6 or 7 persons.

No. 786.—MAYONNAISE DRESSING
(Very Light).*Ingredients—*

1 raw egg, 3 table-spoonfuls finest Lucca oil, 1 table-spoonful vinegar, pepper and salt.

Method—

Break the egg, carefully separating the white from the yolk. Remove the speck, and stir the yolk in a large bowl until quite smooth, adding pepper and salt. Stir in the oil, 2 or 3 drops at a time, and then add the vinegar very gradually in the same manner. When all is used, whip the white of egg to a stiff froth, stir it into the sauce, mix thoroughly, and serve.

*Time—*20 to 30 minutes.

Sufficient for 3 or 4 persons.

No. 787.—MAYONNAISE DRESSING
(à la Royale).*Ingredients—*

$\frac{1}{2}$ pint aspic jelly, $\frac{1}{4}$ pint finest Lucca oil, 1 table-spoonful vinegar, seasoning of pepper and salt.

Method—

Set the bowl containing the aspic into another of boiling water, and stir

until the jelly is nearly liquid, but not quite melted, then take the basin out of the hot water, set the aspic on ice, and beat it with a wooden spoon, adding the oil, a very little at a time, and then the vinegar in the same manner.

Beat constantly until the mixture becomes a smooth, white sauce, add a seasoning of pepper and salt, and it is ready for use.

This is a very excellent and delicate dressing when carefully made for game, salads, and mayonnaise.

*Time—*30 to 40 minutes.

Sufficient for 6 or 7 persons.

No. 788.—MENUS (To Arrange).

The sequence of the courses remains the same, however many or few there may be, I therefore give the order in which they are served for a complete dinner.

HORS D'ŒUVRES.

SOUP.

FISH.

ENTRÉES.

ROAST.

ENTREMETS.

GAME.

SWEETS.

SAVOURY.

ICE PUDDING.

DESSERT.

Some of these courses can, with advantage, be omitted in giving a small dinner. The excellence of each individual dish should be considered of much greater importance than the number and variety of things put on the table.

In summer, game can be well replaced by roast chicken or capon, served with a very fresh salad and a well-cooked entremêt of asparagus; broad or French beans is always acceptable.

As a general rule, 4 or 5 well-cooked and carefully-chosen dishes, form the most agreeable dinner. It should be remembered that game invariably comes immediately before the sweets, however long or short the dinner. At a formal dinner vegetables are

handed separately only with the joint. In selecting dishes, two roast courses should not be given, therefore with game braised or stewed meat is usually served. If two entrées are given they should be of different colours, 1 white and 1 brown.

No. 789.—MERINGUES.

Ingredients—

Whites of 4 eggs, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{4}$ pint cream, 1 dessert-spoonful brandy.

Method—

Have ready some thin boards, and lay on them pieces of writing-paper, 4 inches long and 3 inches wide, covered with a sprinkling of sugar, to protect the bottom of the meringues. Whisk the whites of the eggs, which should be very fresh, to as stiff a froth as possible, then mix in the sugar quickly with a wooden spoon, and very expeditiously lay the mixture in dessert-spoonfuls on the papers, using a second dessert-spoon to slip the mixture out of the spoon, and forming each one into the shape of an egg. Sift a little sugar over, and bake the meringues about 20 minutes in rather a quick oven until they are crisp on the outside and very lightly browned; then reverse the meringues, gently remove the papers, and scoop out the soft insides with a tea-spoon, leaving a hollow shell about $\frac{1}{4}$ inch thick. Replace them in a very cool oven, and let them dry slowly until crisp throughout, then set them aside to cool. When wanted for table whip the cream to a stiff froth, add the brandy, and put a spoonful in each half of the meringue, stick two together, the cream will bind them sufficiently if a very little is spread on the rim, pile them in a silver or glass dish, and serve.

*Time—*To bake meringues, 20 minutes. To dry them in very cool oven, $\frac{1}{2}$ an hour.
Sufficient for 6 or 7 meringues.

No. 790.—MERINGUE (*Fruit*).

Ingredients—

1 lb. cold stewed fruit, whites of 3 eggs, 6 oz. castor sugar.

Method—

Arrange the fruit at the bottom of a pie-dish, putting in but little of the syrup, whisk the whites of the eggs to as stiff a froth as possible, mix the sugar with them, and cover the fruit equally with a smooth layer of the meringue, sift sugar on, and bake $\frac{1}{2}$ an hour until lightly browned.

*Time—*In moderate oven, $\frac{1}{2}$ an hour.

Sufficient for 4 or 5 persons.

No. 791.—MERINGUES PISTACHIO.

Ingredients—

Whites of 4 eggs, $\frac{1}{2}$ lb. castor sugar, 2 oz. pistachio kernels, $\frac{1}{4}$ pint cream, 1 dessert-spoonful brandy.

Method—

Blanch the pistachios by putting them in boiling water for a $\frac{1}{4}$ of an hour, then drain them, remove their skins, and chop them rather coarsely. Prepare the meringues by recipe No. 788, just before they are put in the oven, sprinkle the pistachios evenly on them, finish them by the same recipe.

No. 792.—MILK PUNCH.

Ingredients—

1 quart milk, rind of $\frac{1}{2}$ a lemon, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ pint rum, $\frac{1}{4}$ pint brandy.

Method—

Put the milk, thinly-peeled lemon rind, and the sugar into a lined saucepan, heat slowly by the side of the fire to boiling point, then take out the lemon rind, and add the rum and brandy gradually, stirring all the time. Let it heat slowly by the side of the

fire, milling it to a froth with a wooden spoon or chocolate mill. Serve very hot, with hot glasses.

To heat the glasses, dip them in very hot (not boiling) water, drain them quickly, and dry them with a very clean hot cloth.

Time—15 to 20 minutes.

Sufficient for 6 glasses.

No. 793.—MINCEMEAT.

Ingredients—

2 lbs. suet, 2 lbs. apples, 2 lbs. raisins, 2 lbs. currants, 1 lb. candied peel, 2 lbs. moist sugar, 2 whole lemons, the grated rind of 2 other lemons, 1 tea-spoonful salt, $\frac{1}{2}$ tea-spoonful mixed spice, 1 grated nutmeg, $\frac{1}{2}$ pint sherry, $\frac{1}{2}$ pint brandy.

Method—

Put the lemons into sufficient boiling water to cover them, and boil them for 1 hour until tender, then chop them finely, picking out all the pips. Chop the suet, pare, core, and chop the apples, stone and chop the raisins, wash and pick the currants, and cut the candied peel into very small pieces. Mix all the ingredients together, add the brandy and sherry, and stir very thoroughly. Put the mincemeat into jars, cover them with papers dipped in brandy, and tie down with parchment covers. This should be made a month before required for use.

Sufficient for 12 lbs. of mincemeat.

No. 794.—MINCEMEAT FRITTERS.

Ingredients—

8 oz. mincemeat, 2 oz. fresh bread-crumbs, 2 eggs, boiling lard for frying.

Method—

Beat and strain the eggs, mix the mincemeat and breadcrumbs together, add the eggs, and beat thoroughly for 3 or 4 minutes. Have ready a sauce-pan of boiling lard, with the frying-

basket in it. Drop in the mixture, a dessert-spoonful at a time, and fry the fritters for 7 or 8 minutes, turn them on to kitchen paper to drain, pile them high on a very hot dish, sift pounded sugar over, and serve immediately.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 795.—MINCE PIES.

Ingredients—

$\frac{3}{4}$ lb. mincemeat, crust No. 400, or No. 403, made with 12 oz. flour, and other ingredients in proportion.

Method—

Butter 12 patty-pans, and line them with paste rolled thin, then put a table-spoonful of mincemeat into each, and place a thin cover of paste over, moistening the edges with a little water, and ornamenting them neatly. Bake in a moderate oven, and cover them with buttered paper if necessary.

Time—30 minutes.

Sufficient for 12 mince pies.

No. 796.—MINT SAUCE.

Ingredients—

2 table-spoonfuls very finely-chopped mint, 1 table-spoonful castor sugar, 6 table-spoonfuls vinegar.

Method—

Chop the mint as finely as possible, put it in a sauce-boat, add the sugar, mix well, and leave for 1 hour. Then stir in the vinegar gradually, and it is ready for use.

Sufficient for 4 or 5 persons.

No. 797.—MOCK TURTLE SOUP.

Ingredients—

$\frac{1}{2}$ calf's head, 2 lbs. shin of beef, 2 lbs. knuckle of veal, 3 quarts water, 2 carrots, 2 onions, 3 sprigs parsley, 1 small tea-spoonful sweet herbs, 12

peppercorns, 1 tea-spoonful salt, 1 large table-spoonful flour, $\frac{1}{2}$ lb. lean ham, 2 oz. butter, 1 glass sherry, 2 dozen forcemeat balls No. 533.

Method—

Bone the calf's head, put the bones, with the beef and veal cut into dice, into a large saucepan, with 3 quarts of water, heat slowly to boiling point, then add 1 onion, and the carrots cut into dice, the parsley, herbs, and seasonings. Simmer for 4 hours, then strain off the stock, and let it become quite cold. Roll up the head, secure it with tape, and put it in a stewpan with the cold stock, from which every particle of fat should be removed, heat to boiling point, and simmer for $1\frac{1}{2}$ hours, then turn the head and soup into a large pan, and let them remain until cold, when carefully remove any fat.

Cut the ham and onion into dice, melt the butter in a large stewpan, add the ham and onion, and fry for 7 or 8 minutes; then stir in gradually 1 pint of the stock, and simmer for $\frac{1}{2}$ an hour; then dredge in the flour, and stir until very thick, add by degrees the rest of the stock, and simmer for an hour. Strain all through a fine sieve into a fresh saucepan. Cut up part of the head and tongue sufficient to make 1 lb. into 1-inch squares, add them to the stock, simmer another hour, add the glass of sherry and the forcemeat balls, which should be the size of a large cherry, and serve very hot.

The remains of the calf's head can be made into a *fricassée*, or a dish *à la maître d'hôtel*.

Sufficient for 10 persons.

No. 798.—MUFFINS.

Ingredients—

1 lb. flour, 1 large tea-spoonful baking powder, $\frac{1}{2}$ tea-spoonful salt, 1 pint milk.

Method—

Mix the flour, baking powder, and

salt together in a large basin, hollow the centre, pour in the milk, and with a wooden spoon make the mixture into a very smooth batter. Butter a baking-dish and some muffin rings, lay the rings on the sheet, and half fill them with the batter. Bake for about 10 minutes in a moderate oven until the batter has risen to the tops of the rings, then shake them out of the rings quickly, turn them, replace them in the rings, and bake again until the tops are lightly browned. Turn the muffins out of the rings, and set them aside until wanted, when they must be split open and toasted in the usual way.

*Time—*Altogether, 20 to 25 minutes.

Sufficient for 6 muffins.

No. 799.—MULLAGATAWNY SOUP.

Ingredients—

2 onions, 1 quart stock, 1 table-spoonful curry powder, 1 table-spoonful flour, 1 oz. butter, juice of $\frac{1}{2}$ a lemon.

Method—

Melt the butter in a stewpan, slice the onions, add them, and fry for 5 or 6 minutes. Mix $\frac{1}{4}$ pint of the stock with the curry powder and flour into a smooth paste. Add the rest of the stock to the onions, and simmer for 15 minutes, then stir in the curry powder, etc., and continue stirring until the soup is nicely thickened; strain, add the lemon juice, and serve.

Send boiled rice to table with this soup.

*Time—*25 to 30 minutes.

Sufficient for 3 or 4 persons.

No. 800.—MULLAGATAWNY SOUP
(Without Meat).

Ingredients—

2 oz. butter, 2 onions, 2 carrots, 2 turnips, 1 head of celery, or 1 small cucumber, 2 apples, 12 peppercorns, 1 tea-spoonful salt, 1 quart water, 1

table-spoonful curry powder, 1 table-spoonful flour, 2 oz. rice.

Method—

Melt the butter in a stewpan, slice the onions, add them, and fry for 4 or 5 minutes, then pour in the water and bring it to the boil; wash, peel, and slice the other vegetables, add them with the apples, salt, and peppercorns, and simmer gently for 2 hours. Mix the curry powder and flour with a little water, and stir it into the soup until nicely thickened, then rub all through a fine sieve, heat afresh, and serve.

Send boiled rice to table to be handed with this soup.

*Time—*Altogether, 2½ hours.

Sufficient for 3 or 4 persons.

No. 801.—MULLET, GREY (Boiled).

Ingredients—

3 or 4 mullet, ½ gallon water, 1 large table-spoonful salt, ½ pint melted butter
No. 227.

Method—

See that the fish is thoroughly cleansed, have ready the salted water at boiling point, put in the fish, and let them boil gently from 10 to 20 minutes, according to size; when tender, drain carefully, and serve on a delicately clean fish-napkin, garnished with very fresh parsley, and cut lemon.

Send melted butter to table with it.

Grey mullet of very large size are occasionally procurable, but they generally average from ¼ lb. to ½ lb. each.

*Time—*From 10 to 20 minutes, according to size.

*Sufficient for—*Allow 1 moderate sized mullet to each person.

No. 802.—MULLET, RED.

Ingredients—

3 or 4 mullet, 1 oz. butter, seasoning of pepper and salt.

Method—

See that the fish is thoroughly cleansed, wrap each in thickly-buttered paper, first sprinkling them with pepper and salt, arrange them on a baking-tin, and bake them for about 15 minutes in a moderate oven. Remove papers, and serve the mullet on a very hot dish, garnished with fried parsley.

*Time—*15 minutes.

*Sufficient for—*Allow 1 fish to each person.

No. 803.—MULLET, RED (Very Good).

Ingredients—

3 or 4 mullet, 1 oz. butter, ½ wine-glassful claret or Burgundy, juice of ½ a lemon, ¼ tea-spoonful anchovy paste, seasoning pepper and salt, very small pinch cayenne.

Method—

See that the fish is thoroughly cleansed, wrap each in thickly-buttered paper, first sprinkling them with lemon juice, and pepper and salt, arrange on a baking-tin, and bake in a moderate oven about 15 minutes. When cooked, strain off the juice which will have flowed from the fish into a small saucepan, add the claret, or Burgundy, and anchovy paste with a small pinch of cayenne. Boil up quickly, and simmer for 2 minutes. Take the fish out of their papers, arrange them on a very hot dish, pour over the sauce, and serve immediately.

*Time—*About 20 minutes.

*Sufficient for—*Allow 1 fish to each person.

No. 804.—MUSHROOMS (Broiled).

Ingredients—

½ lb. mushrooms, 1 oz. butter, seasoning pepper and salt.

Method—

Remove the stalks, and rub the mushrooms with a small piece of

new flannel dipped in salt to cleanse them. Broil them over a clear fire, turning them when half done. Arrange them on a very hot dish, put a little piece of butter and a seasoning of pepper and salt on each, and serve immediately.

Time—10 minutes.

Sufficient for 3 or 4 persons.

No 805.—MUSHROOMS (To prepare for Pies).

Ingredients—

$\frac{1}{2}$ lb. mushrooms, 2 oz. butter, seasoning pepper and salt.

Method—

Remove the stalks from some fresh mushrooms, and cleanse the mushrooms with a small piece of new flannel dipped in salt. Cut them into 3 or 4 pieces, melt the butter in a small saucepan, put in the mushrooms with a seasoning of pepper and salt, and let them simmer gently for about 10 minutes, stirring them about with a wooden spoon that they may not burn, then turn them, with their juice, into a basin, and set them aside to cool.

The butter and the juice which will have run from the mushrooms should also be used in the pie.

No. 806.—MUSHROOM SAUCE (Brown).

Ingredients—

$\frac{1}{4}$ lb. mushrooms, $\frac{1}{2}$ pint stock, 1 small tea-spoonful arrowroot, 1 dessert-spoonful mushroom ketchup, seasoning pepper and salt.

Method—

Cleanse the mushrooms with a small piece of new flannel dipped in salt, and cut them into inch squares. Have ready the stock boiling, put in the mushrooms, and let them simmer for 20 minutes. Mix the arrowroot smoothly with the

ketchup, stir this into the stock and mushrooms, and simmer until the sauce is rich and thick, season with pepper and salt, and serve.

Time—25 minutes.

Sufficient for 4 or 5 persons.

No. 807.—MUSHROOM SAUCE (White).

Ingredients—

$\frac{1}{2}$ pint button mushrooms, $\frac{1}{2}$ pint milk, 1 table-spoonful flour, 1 oz. butter, seasoning pepper and salt.

Method—

Cleanse the mushrooms with a small piece of new flannel dipped in salt, and remove the stalks. Put the milk into a lined saucepan, reserving 2 spoonfuls, heat it to boiling point, put in the mushrooms, and simmer them for 20 minutes, then take them out and set them aside. Mix the flour with the 2 spoonfuls of cold milk into a smooth, thick batter, add the hot milk gradually, stirring rapidly all the time. Return the whole to the saucepan, add the butter, pepper, and salt, and stir unceasingly until sufficiently thickened, strain it if not perfectly smooth, then put back the mushrooms, let them heat through, and serve.

Preserved mushrooms can be used if more convenient.

Time—Altogether, about 30 minutes.

Sufficient for 4 or 5 persons.

No. 808.—MUSHROOM SAUCE (White, Very Good).

Ingredients—

$\frac{1}{2}$ pint mushroom buttons, $\frac{1}{2}$ pint béchamel sauce, No. 135.

Method—

Cleanse the mushrooms with a small piece of new flannel dipped in salt, and remove their stalks. Have ready the

boiling béchamel, add the mushrooms, and let them simmer gently by the side of the fire for 20 minutes.

Time—To simmer mushrooms, 20 minutes.

Sufficient for 4 or 5 persons.

No. 809.—MUSHROOM TOASTS.

Ingredients—

$\frac{1}{4}$ lb. mushrooms, $1\frac{1}{2}$ oz. butter, seasoning pepper and salt, 2 or 3 slices buttered toast.

Method—

Cleanse and cook the mushrooms as in recipe No. 805, but do not divide them. Cut the toast into 2-inch squares, arrange the mushrooms on these, and serve very hot.

Time—To cook mushrooms, 10 minutes.
Sufficient for 6 toasts.

No. 810.—MUSHROOM TOASTS (Another Recipe).

Ingredients—

$\frac{1}{4}$ lb. mushrooms, 1 oz. butter, seasoning pepper and salt, 2 or 3 slices buttered toast.

Method—

Cleanse the mushrooms with a small piece of flannel dipped in salt, arrange them on a baking-tin, with a little piece of butter on each, season with pepper and salt, and bake them in a gentle oven. Cut the toast into 2-inch squares, arrange the mushrooms on these, and serve very hot.

Time—10 to 15 minutes.

Sufficient for 6 toasts.

No. 811.—MUSSELS (To Serve).

Ingredients—

2 doz. mussels, 3 or 4 sprigs of parsley, one small onion, juice of $\frac{1}{2}$ a lemon.

Method—

Wash the mussels well, and pull off the threads hanging to the joints of the shells. Put the mussels into a large stewpan with the onion sliced, the parsley, and lemon juice, and shake them over a brisk fire until the shells open, by which time they will be cooked. Lift them out, and serve in their shells on a very white napkin.

Time—About 10 minutes.

Sufficient for 2 or 3 persons.

No. 812.—MUSSEL SAUCE.

Ingredients—

2 doz. mussels, 6 table-spoonfuls of their liquor, 1 small onion, juice of $\frac{1}{2}$ a lemon, 3 or 4 sprigs parsley, $\frac{1}{4}$ pint cream, 1 dessert-spoonful flour, $\frac{1}{2}$ oz. butter, seasoning pepper and salt.

Method—

Cook the mussels as in preceding recipe, then take them out of their shells, remove their beards, and set the mussels aside in a basin. Put the 6 spoonfuls of liquor which will have run from them into a lined saucepan, heat it to boiling point, mix the flour smoothly with the cream, stir this into the liquor, and simmer all gently until the sauce is nicely thickened. Add the mussels, pepper, and salt, let them heat by the side of the fire for 15 minutes, stir in the butter, and serve.

Time—Altogether, about 15 minutes.

Sufficient for 4 or 5 persons.

No. 813.—MUSTARD SAUCE.

Ingredients—

1 oz. butter, 1 oz. flour, 1 dessert-spoonful mustard, $\frac{1}{2}$ pint broth or milk.

Method—

Melt the butter in a small saucepan, stir in the flour by degrees, mix thoroughly, and add the mustard, a

small portion at a time. Stir until quite smooth and thick, then add $\frac{1}{2}$ pint broth (or milk should a maigre sauce be desired), and stir constantly until the sauce boils, simmer it for 2 or 3 minutes, then pour it into a hot sauce-boat, and serve at once.

Time—Altogether, about 15 minutes.

Sufficient for $\frac{1}{2}$ pint of sauce.

No. 814.—MUTTON (To Choose).

It will be noticed that all the recipes given are calculated for *small* mutton, *i.e.* Southdown or Scotch, a leg of which averages in weight about 7 lbs. This is always to be preferred when the number in family does not necessitate very large joints. For excellence of flavour no mutton can excel the Welsh, and these little joints are most convenient for families of 2 or 3 persons. Legs can be bought as small as $4\frac{1}{2}$ lbs., and all the joints are worth the extra price paid when a small delicate joint is required. Large mutton should be carefully cooked, so that it is done throughout without being burnt outside.

No. 815.—MUTTON, BREAST OF (and Caper Sauce).

Ingredients—

2 or 3 lbs. breast of mutton, $\frac{3}{4}$ pint caper sauce No. 260.

Method—

Cut off some of the fat, and put the mutton into a stewpan with sufficient water to cover it. Bring gently to the boil, and let it simmer gently until done. Make the caper sauce as directed, letting it become rather thick. Take out the mutton, drain it, and place on a very hot dish. Cover it completely with the sauce, and serve.

Time—To simmer mutton, 1 hour.

Sufficient for 3 or 4 persons.

No. 816.—MUTTON, BREAST OF (Rolled).

Ingredients—

3 or 4 lbs. breast of mutton, force-meat No. 542.

Method—

Cut off some of the fat, and bone the meat carefully. Spread the force-meat on the meat, roll it up and tie it securely with tapes. Roast it in front of a good fire, or in a rather hot oven, and keep it well basted. When cooked take it up, untie the tapes, and serve the joint on a very hot dish, with a little clear gravy poured round.

Time—1 hour.

Sufficient for 3 or 4 persons.

No. 817.—MUTTON BROTH (for Invalids).

Ingredients—

2 lbs. scrag of mutton, small teaspoonful salt, 6 peppercorns, 3 pints water.

Method—

Remove as much as possible of the fat, divide the scrag into small pieces, and put it in the stewpan with the salt, peppercorns, and cold water. Bring gradually to the boil, and simmer gently until reduced to 1 quart. Strain the broth into a clean basin, and set it aside until quite cold. When required for use take off every particle of fat, and heat up as much as will be taken at one time.

If the patient is allowed vegetables, the addition of a carrot, small onion, and sprig of parsley will much improve the flavour of the broth.

Time—4 hours.

Sufficient for 1 quart of broth.

No. 818.—MUTTON CHOPS (Broiled).

Ingredients—

2 or 3 lbs. loin of small mutton,
 $\frac{1}{2}$ oz. butter, seasoning pepper and
 salt.

Method—

Divide the loin into neat chops, trim them neatly, and brush each over with a pastry-brush dipped in melted butter. Sprinkle over them a little pepper and salt. Heat the gridiron, and rub the bars with a little piece of suet. Broil the chops over a very clear fire, turning them when half done. Serve them quite plain, neatly arranged on a very hot dish.

*Time—*About 10 minutes.

Sufficient for 4 or 5 persons.

No. 819.—MUTTON (Curried).

Ingredients—

$\frac{3}{4}$ lb. cold mutton, 1 small onion, 1 small apple or the juice of $\frac{1}{2}$ a lemon, 1 oz. butter, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ pint of stock.

Method—

Melt the butter in a small stewpan, add the onion and apple cut into small dice, and fry them in it for 3 or 4 minutes. Remove all skin, fat, and gristle, and cut the mutton into small dice. Mix the curry powder and flour smoothly with the stock, and add this to the onion. Stew all very gently until the sauce is thick and smooth. Add the meat, and let it heat slowly by the side of the fire, and serve the curry on a very hot dish with a border of rice round.

If apples cannot be obtained, add the lemon juice just before serving.

*Time—*To heat meat, 15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 820.—MUTTON CUTLETS (Braised).

Ingredients—

6 or 8 cutlets, 2 oz. ham, 1 oz. butter, 1 carrot, 1 onion, 1 sprig parsley and thyme, 6 peppercorns, seasoning pepper and salt, 1 quart stock, 1 table-spoonful mushroom ketchup, 1 small tea-spoonful arrowroot, $\frac{1}{2}$ tea-spoonful red currant jelly.

Method—

Cut and trim the cutlets as directed in recipe No. 424. Wash the vegetables, and cut them into small pieces. Cut the ham into dice, and fry it with the butter for 3 or 4 minutes in a stewpan, which will contain the cutlets in one layer. Then lay in the cutlets with the vegetables and seasonings, pour on them the stock, and stew all gently for 1 hour; then pour off $\frac{1}{2}$ pint of the stock into a fresh saucepan. Mix the arrowroot smoothly with the mushroom ketchup, stir this into the boiling stock, and simmer until nicely thickened. Add the red currant jelly, and stir until it is melted. Take out the cutlets, arrange them on a hot dish, pour the sauce over, and serve.

*Time—*Altogether, 1 hour and 10 minutes.

Sufficient for 3 or 4 persons.

No. 821.—MUTTON CUTLETS (Fried).

Ingredients—

6 or 8 cutlets, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Cut and trim the cutlets as directed in recipe No. 424. Beat and strain the egg. Brush each cutlet over with egg, and cover it with breadcrumbs. Arrange the cutlets in the frying-basket, plunge this into a saucepan of boiling fat, and fry the cutlets a golden brown. Turn them on to kitchen paper to

drain, put a frill on each bone, arrange them neatly in a very hot dish, and serve immediately.

Time—6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 822.—MUTTON CUTLETS (Marinated).

Ingredients—

6 or 8 cutlets, marinade No. 780, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Cut and trim the cutlets as directed in recipe No. 424, lay them in the marinade, and leave them some hours, then take them up and drain them. Beat and strain the egg, brush each cutlet over with egg, and cover it with breadcrumbs. Arrange the cutlets in the frying-basket, plunge this into a saucepan of boiling fat, and fry the cutlets a golden brown. Turn them on to kitchen paper to drain, put a frill on each bone, arrange them neatly in a very hot dish, and serve immediately.

Time—In the marinade, 6 hours.

To fry, 6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 823.—MUTTON CUTLETS (In Russian Sauce).

Ingredients—

8 or 9 cutlets, 2 oz. cooked lean ham, 4 oz. breadcrumbs, $\frac{1}{2}$ teaspoonful pepper and salt, 1 egg, boiling fat for frying, $\frac{1}{2}$ pint Russian sauce No. 1075.

Method—

Chop the ham very finely, and mix it with the breadcrumbs and seasoning. Beat and strain the egg. Cover each cutlet carefully with egg, and then dip in the breadcrumbs, etc., holding it by the scraped bone, and taking care

that the meat is completely and evenly covered with the mixture. Arrange the cutlets in a frying-basket, have ready a saucepan of boiling lard or refined suet, and fry the cutlets a golden brown. Take them up, drain them, and turn them on to kitchen paper to absorb any remaining grease. Decorate each bone with a cutlet frill, and arrange them in an entrée dish, standing up and leaning against each other. Have ready $\frac{1}{2}$ pint of Russian sauce, very hot, pour it round the cutlets, and serve immediately.

Time—7 to 10 minutes, according to the thickness of the cutlets.

Sufficient for 4 or 5 persons.

No. 824.—MUTTON CUTLETS (Remarks on).

Endless recipes could be given for the various forms of serving this dish, but as the difference is not in the cooking of the cutlets, but in the choice of the vegetable or sauce which accompanies them, I have avoided unnecessary repetition, and given merely a few suggestions. The vegetable or purée should be arranged in the form of a pyramid for the cutlets to rest against. Sauce should be poured round the cutlets, which should be neatly arranged, standing in the centre of the dish.

Cutlets plainly fried No. 821, or Marinated No. 822, can be served with

Artichokes, Mashed,	No. 89.
Purée of Asparagus,	„ 99.
Broad Beans,	„ 127.
French Beans,	„ 129.
Mushrooms,	„ 804.
Mashed Potatoes,	„ 974.
Spinach,	„ 1116.
Soubise Sauce,	„ 865.
Purée of Tomatoes,	„ 1149.

and many other possibilities will suggest themselves to the intelligent cook,

No. 825.—MUTTON (Devilled).*Ingredients—*

$\frac{3}{4}$ lb. under-done cold mutton, seasoning of made mustard, pepper, salt, and cayenne, $\frac{1}{4}$ pint mushroom ketchup.

Method—

Cut the mutton into neat slices, spread them on both sides with a little made mustard, and sprinkle them with a seasoning of pepper and salt, and a few grains of cayenne. Put them on a gridiron, and broil over a clear fire for 3 or 4 minutes; then turn them, and broil on the other side for 3 minutes. Put them on a very hot dish, heat the mushroom ketchup, pour it round the meat, and serve.

Time—6 to 7 minutes.

Sufficient for 3 or 4 persons.

No. 826.—MUTTON, FOREQUARTER OF (To Use).

This is a very advantageous way of buying mutton when the housekeeper has a cool larder. If the forequarter is carefully divided, it can be made to provide 4 hot dishes at small expense. A forequarter of small mutton weighs from about 11 lbs. to 15 lbs. Cut off the shoulder and hang it up, as this will keep the longest. You have then left the best end of the neck, the breast, and the scrag end of the neck. The breast can be boiled with caper sauce, or stuffed and rolled. The neck can be roasted, used for cutlets, or boiled. The scrag end can be made with care into an excellent haricot or Irish stew, and the shoulder roasted, or cooked in any way preferred.

No. 827.—MUTTON (Hashed).

$\frac{2}{4}$ lb. cold mutton, $\frac{1}{4}$ pint stock, 1 table-spoonful claret, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup, seasoning pepper and salt, $\frac{1}{2}$ tea-spoonful red currant jelly, fried sippets.

Method—

Remove all fat, skin, and gristle from the mutton, and cut it into small neat slices or $\frac{1}{2}$ inch dice. Heat the stock to boiling point, mix the ketchup and claret smoothly with the arrowroot, and stir them into the stock until it is nicely thickened, add the red currant jelly, and stir until melted, then put in the meat, and let it heat slowly by the side of the fire. Serve very hot with carefully prepared sippets round.

Time—To heat meat, 20 minutes.

Sufficient for 3 or 4 persons.

No. 828.—MUTTON, HAUNCH OF (Roast).*Ingredients—*

12 or 14 lbs. haunch of mutton, salt, flour.

Method—

Let this joint be well hung, flour it, and put it down to a clear fire, or in a good oven, baste continually, and let the meat be nicely browned. Pour off the dripping from the pan, sprinkle a little salt, and pour in $\frac{1}{2}$ pint of boiling water. Strain this round the joint, and serve. Send barberry or red currant jelly to table with it.

Time—3 to 3 $\frac{1}{2}$ hours.

Sufficient for 8 or 9 persons.

No. 829.—MUTTON, LEG OF (Boiled).*Ingredients—*

7 lbs. leg of mutton, 1 gallon water, 2 oz. salt, 2 carrots, 2 turnips, $\frac{1}{2}$ pint caper sauce.

Method—

Plunge the leg of mutton into sufficient boiling water to cover it. Bring quickly to the boil, add the salt, and let it simmer very gently until done. Slice the carrots and turnips, and

boil them with the mutton. Arrange them in little heaps round a hot dish, put the leg of mutton in the centre, pour a little of the liquor round, and serve. Send caper sauce to table with this dish.

The water in which the leg of mutton has been boiled will make an excellent foundation for Scotch broth.

Time—2 hours.

Sufficient for 6 or 7 persons.

No. 830.—MUTTON, LEG OF (Roast).

Ingredients—

7 lbs. leg of mutton, salt.

Method—

Roast the mutton before a clear fire or in a good oven, basting it often. When cooked, place the meat on a very hot dish, pour off the gravy from the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint of boiling water, strain this round the joint, and serve.

Time—1 hour and 50 minutes.

Sufficient for 6 or 7 persons.

No. 831.—MUTTON, HALF LEG OF (Boiled).

Ingredients—

3 or 4 lbs. knuckle end of a leg of mutton, 2 carrots, 2 turnips, $\frac{3}{4}$ pint caper sauce.

Method—

Cut off the shank, and plunge the meat into sufficient boiling water to cover it, slice the carrots and turnips, and put them in. Bring again to the boil, and simmer gently until cooked, then take it up and place on a hot dish; have ready the caper sauce made rather thick, cover the joint with this, and arrange the carrots and turnips in little heaps round the dish.

Time— $1\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 832.—MUTTON, HALF LEG OF (Roast).

Ingredients—

4 lbs. loin end of a leg of mutton, forcemeat No. 541.

Method—

Bone the mutton, and fill the cavities with forcemeat. Tie up the joint with tape, and roast it in front of a clear fire or in a good oven, basting it continually. When cooked, place the meat on a very hot dish, and remove the tape; pour off the dripping from the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint of boiling water, strain this round the joint, and serve. Send barberry or red-currant jelly to table with this dish.

Time— $1\frac{1}{4}$ hours.

Sufficient for 3 or 4 persons.

No. 833.—MUTTON, LEG OF (To use for Small Family).

Ingredients—

7 or 8 lbs. leg of mutton.

Method—

Divide the leg of mutton in half, leaving rather more on the knuckle end. Take a steak off this, which may be broiled or made into China Chilo. The shank end should be boiled, and served in caper sauce, the loin end being boned, stuffed, and roasted. This is a convenient way of avoiding cold mutton, and making a change.

No. 834.—MUTTON, LOIN OF (Roast).

Ingredients—

5 lbs. loin of mutton, salt.

Method—

Trim off some of the fat, and see that the meat is properly jointed. Dredge with flour, and roast the loin in front of a clear fire, or in a good

oven, basting it continually. Place it on a very hot dish, pour off the dripping from the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint of boiling water, strain this round the meat, and serve with barberry or red currant jelly handed round.

Time—1 hour and 20 minutes.

Sufficient for 4 or 5 persons.

No. 835.—MUTTON, LOIN OF (Stuffed and Rolled).

Ingredients—

5 or 6 lbs. loin of mutton, forcemeat No. 541.

Method—

Bone the mutton, spread it with forcemeat, roll it up tightly, and secure it with tapes. Roast in front of a clear fire, or in a good oven, basting it continually until cooked. Place it on a very hot dish, pour off all the dripping from the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint boiling water. Strain this round the meat, and serve with barberry or red currant jelly handed round.

Time—1½ hours.

Sufficient for 4 or 5 persons.

No. 836.—MUTTON (Minced).

Ingredients—

$\frac{3}{4}$ lb. cold mutton, $\frac{1}{4}$ tea-spoonful minced onion, $\frac{1}{2}$ pint stock, 1 dessert-spoonful flour, 1 table-spoonful mushroom ketchup, seasoning pepper and salt.

Method—

Remove all skin and fat from the mutton, and mince it finely. Heat the stock, mix the flour smoothly with the mushroom ketchup, and stir this into the stock. Boil gently for 4 or 5 minutes until the sauce is thick and rich. Put in the mutton and onion,

let it heat slowly in the sauce, season with pepper and salt, and serve on a hot dish, garnished with fried croûtons.

Time—About 30 minutes.

Sufficient for 4 or 5 persons.

No. 837. — MUTTON, NECK OF (Boiled).

Ingredients—

2½ or 3 lbs. best end neck of mutton, 2 turnips, 2 carrots, $\frac{3}{4}$ pint caper sauce.

Method—

Trim off some of the fat, and put the meat into sufficient boiling water to cover it. Bring again to the boil, add the salt, and skim well. Put in the vegetables, cut up neatly, and simmer all very gently until the meat is cooked. Place the meat on a very hot dish, arrange the vegetables round, pour over half the caper sauce, and send the rest to table in a sauce-boat.

Time—1½ hours.

Sufficient for 4 persons.

No. 838. — MUTTON, NECK OF (Roast).

Ingredients—

2½ or 3 lbs. best end neck of mutton, salt.

Method—

Trim off some of the fat, cut off the bones short, and see that the meat is properly jointed. Dredge the meat with flour, and roast it in front of a clear fire, or in a good oven, basting it often. Let it be nicely browned. Place the meat on a very hot dish, pour the dripping off, sprinkle a little salt in the pan, pour in $\frac{1}{4}$ pint of boiling water, strain this round the joint, and serve.

Time—40 to 50 minutes.

Sufficient for 3 or 4 persons.

No. 839. — MUTTON, SADDLE OF (Roast).*Ingredients—*

10 or 11 lbs. saddle of mutton, salt.

Method—

Let this joint be well hung. Cut off the tail and flaps, and flour the meat well. Put it down in front of a clear fire, or in a good oven, and baste continually until done. Pour off the fat from the dripping-pan, sprinkle a little salt, and pour in $\frac{1}{2}$ pint boiling water. Strain round the joint, and serve very hot. Send barberry or red currant jelly to table with this dish.

Time— $2\frac{1}{2}$ to $2\frac{3}{4}$ hours.

Sufficient for 7 or 8 persons.

No. 840. — MUTTON, SHOULDER OF (Roast).*Ingredients—*

4 or 5 lbs. shoulder of mutton, salt, $\frac{1}{2}$ pint onion sauce No. 864.

Method—

Roast the joint before a clear fire or in a good oven, basting it continually. When cooked, place it on a very hot dish, pour off the dripping from the pan, sprinkle a little salt, and pour in $\frac{1}{4}$ pint of boiling water, strain the gravy round the joint, and serve immediately.

Send onion sauce to table with this dish.

Time— $1\frac{1}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 841. — MUTTON, SHOULDER OF (Stuffed and Rolled).*Ingredients—*

5 lbs. shoulder of mutton, forcemeat No. 541.

Method—

Take out the blade bone and re-

place it with forcemeat. Roll up the joint and secure it with tapes, roast it in a hot oven or before a clear fire, basting it constantly. When cooked, serve on a very hot dish, with gravy made as usual, and strained round.

Send barberry or red currant jelly to table with the dish.

Time— $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 842. — MUTTON STEAK (Grilled).

$1\frac{1}{2}$ lbs. mutton steak, seasoning of pepper and salt.

Method—

Cut the steak from the middle of a leg of mutton, about 1 inch thick, and sprinkle it with pepper and salt. Rub the gridiron with a little piece of suet, and put it down to the fire for a minute or two to warm. Lay in the steak, and grill over a very clear fire for about 14 minutes, turning it when half done. Dish the steak on a very hot dish, and serve immediately.

Chipped potatoes should be served with this dish.

*Time—*14 minutes.

Sufficient for 2 or 3 persons.

No. 843. — MUTTON STEAK (Stewed).*Ingredients—*

$1\frac{1}{2}$ lbs. mutton steak, 1 oz. butter, 1 dessert-spoonful flour, 1 carrot, 1 onion, 1 small turnip, 1 sprig parsley, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt water, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Melt the butter in a stewpan, dredge in the flour, and stir them together until they are smooth and brown. Lay in the meat, and brown it carefully on both sides. Then pour in sufficient hot water to cover it, bring it to boiling point, skim well, and add the vegetables, cut into thin slices, the

parsley, and the seasoning. Stew the whole as gently as possible until quite tender, place it on a very hot dish, with the vegetables arranged neatly round. Strain off a little of the gravy into a small saucepan, mix the arrowroot with a table-spoonful of cold water, and stir this into the gravy. Simmer for 2 or 3 minutes until nicely thickened, then pour it over the steak and vegetables, and serve immediately.

Time—1½ hours.

Sufficient for 2 or 3 persons.

No. 844.—NECTARINES (Compôte of).

Ingredients—

1 lb. nectarines, 5 oz. sugar, ½ pint water.

Method—

Boil the sugar and water together for 10 minutes. Pare and halve the nectarines, stone them, crack the stones, and blanch and skin the kernels. Put the nectarines and kernels in the boiling syrup, and boil gently for 15 or 20 minutes until tender, then take them out, let them cool a little, and arrange them in a silver or glass dish. Reduce the syrup a little by boiling it quickly for 5 minutes, let it cool, then strain it over the fruit, and serve them very cold. If possible, the dish containing the fruit should be set over ice for an hour or two before serving.

Time—Altogether, ½ an hour.

Sufficient for 3 or 4 persons.

No. 845.—NECTARINE JELLY.

Ingredients—

1 quart clear wine jelly No. 243, or No. 670, 4 nectarines.

Method—

Pour a little of the jelly to the depth of ½ an inch in a mould that has been well wetted and drained. Let it set. Pare the nectarines, and cut them in

quarters, removing the stones. Lay two or three pieces of fruit in the mould, pour in a little jelly, enough to form a setting for the fruit, and let it set. When it is firm, add more jelly to the depth of an inch. Let that set. Then lay in another piece or two of nectarine, add a little more jelly, and continue in this manner until all the fruit is used, always letting each layer of jelly set before more is added. Set aside until firm. In warm weather it is almost imperative to keep the mould on ice, or the jelly will not set.

If ice cannot be obtained an extra ½ oz. of isinglass must be used.

Sufficient for 1-quart mould.

No. 846.—NEGUS.

Ingredients—

1 bottle of port, 1 pint of boiling water, 3 oz. lump sugar, rind and juice of ½ a lemon.

Method—

Rub some of the lumps of sugar on the lemon rind to extract the essential oil, afterwards crush the sugar. Put the port, strained lemon juice, and sugar in a jug, pour on the boiling water, mixing the ingredients well together. Cover closely, let it stand a little. Serve hot.

Sufficient for 2½ pints of negus.

No. 847.—NOUGAT.

Ingredients—

¾ lb. sweet almonds, 6 oz. sugar, ¼ pint water, 1 tea-spoonful lemon juice.

Method—

Blanch and skin the almonds by recipe No. 3, and dry them in a slow oven. Put the sugar and water in a small copper preserving-pan, and boil them together until the syrup is very

thick and begins to whiten. Then add the lemon juice, and stir constantly over a quick fire for a few minutes. Try it constantly by dropping a little into a basin of cold water, and, as soon as it solidifies immediately, and snaps between the teeth, take the pan off the fire and stir in the almonds. Have ready a baking-tin very lightly buttered, pour in the almond rock, spread it out evenly, mark it in divisions, and cut up into slabs as soon as it is partly set.

No. 848.—NOYEAU CREAM.

Ingredients—

3 table-spoonfuls noyau, 1 pint milk, $\frac{3}{4}$ oz. isinglass, 4 oz. sugar, 3 eggs, $\frac{1}{4}$ pint cream.

Method—

Soak the isinglass in the milk for 5 minutes, then add the sugar, and stir them over the fire until they are melted. Beat and strain the eggs, and add the hot milk to them gradually, stirring all the time. Strain the mixture into the saucepan again, and thicken as for custard. Set it aside to cool. Whip the cream to a stiff froth, and beat in the noyau, a little at a time, then add the custard, which should be lukewarm, by degrees, and continue beating until they are thoroughly mixed. Pour into a well-wetted mould, and set aside in a cool place until quite firm. It should be made some hours before it is required.

Sufficient for 1 $\frac{1}{2}$ -pint mould.

No. 849.—NOYEAU JELLY (With Apricots).

6 apricots, 3 table-spoonfuls noyau, 1 oz. isinglass, 1 $\frac{1}{4}$ pint hot water, juice of 2 lemons, rind of 1 lemon, 5 oz. sugar, whites and shells of 2 eggs, 1 wine-glass cold water.

Method—

Put the isinglass into a lined saucepan with the hot water, strained lemon juice, rind, and the sugar, and let them remain for 15 minutes, then beat up the whites and crushed shells of the eggs with a wine-glassful of cold water, add these to the saucepan, and bring all to boiling point, stirring occasionally. Take out the spoon, and leave the jelly to simmer for 10 minutes. Strain through a jelly-bag, which has previously been wrung out of hot water, and let it run through a second time should it not be perfectly clear. Add the noyau, and set it aside to cool. Stone the apricots, and divide them into 4 pieces. Put 5 or 6 pieces at the bottom of a well-wetted mould. Pour in sufficient jelly to cover them, and set it aside. When firm, add more fruit and jelly, and set aside again, and do this until all is used and the mould full. Then set it on ice until required for use.

Sufficient for 1-quart mould.

No. 850.—OATCAKES.

Ingredients—

$\frac{1}{2}$ lb. medium oatmeal, 1 oz. flour, 1 oz. butter, 1 small tea-spoonful salt, 4 or 5 table-spoonfuls water.

Method—

Mix the oatmeal, flour, and salt together, and rub in the butter. Mix the meal to a smooth paste, with just sufficient water to moisten it, using a wooden spoon to mix it with. Flour the pastry-board well, turn the paste on to it, knead it up with a little flour until it is firm enough to roll out, then roll it very thin. Cut it in 4-inch squares, and divide each square cross-wise to make triangles. Lay them on a floured baking-sheet, and bake 20 to 30 minutes in a moderate oven until crisp.

*Time—*20 to 30 minutes.

Sufficient for 18 oatcakes.

No. 851.—OLIVES (To Prepare for Table).*Method—*

Pour off the brine into a cup or basin, shake out as many olives as you require, and soak them for 2 hours in fresh cold water, then drain them, and place them on a small glass or china dish. Put back any that are not used, pour in the brine, and cork as tightly as possible. Be careful never to pour away the brine until all the olives are used, as they will not keep without it.

No. 852.—OLIVE SAUCE.*Ingredients—*

3 oz. olives, $\frac{1}{2}$ pint stock, small tea-spoonful arrowroot, 1 dessert-spoonful mushroom ketchup, 1 dessert-spoonful lemon juice.

Method—

Stone the olives, and put them into boiling water, boil them for 10 minutes, drain them, and put them into cold water for 1 hour. Then chop them roughly, and put them into a small saucepan, cover them with stock, and simmer for 20 minutes. Mix the arrowroot with the mushroom ketchup, stir this into sauce, simmer until it is nicely thickened, add the lemon juice, and serve.

*Time—*To cook, altogether about 35 minutes.

Sufficient for 4 or 5 persons.

No. 853.—OLIVES (Savoury).*Ingredients—*

12 French olives, 1 tea-spoonful anchovy paste, 4 croûtons No. 393.

Method—

Stone the olives, and fill them with anchovy paste; stamp out the croûtons with a cutter, fry them crisply, and spread them with anchovy paste. In the centre of each croûton place 3 olives in the shape of a trefoil, put them

in the oven to become very hot, and serve.

*Time—*To heat in oven, 10 minutes.

Sufficient for 3 or 4 persons.

No. 854.—OLIVES (To Stone).

Take a small and very sharp knife, peel the olives round and round, in the form of a corkscrew, until the stone is reached. Be careful not to cut too quickly, or you will probably break them; if handled carefully, the place of the stone may be filled, and the olive retain its own shape.

No. 855.—OMELETS (Remarks on).

In making omelets, be careful not to let the mixture be too much spread. A small round frying-pan is the most suitable for cooking them in. Great care must also be taken not to let the omelet burn; it should be cooked over a gentle fire, and stirred unceasingly until it sets. Where a gas cooker is used, the toaster will be found to answer admirably for cooking omelets. Place the omelet on the top of the toaster, stir it for 3 or 4 minutes, then take out the spoon, and hold the frying-pan underneath the red-hot grid for 1 or two minutes. This is the most perfect way of cooking omelets. Too much expedition in serving cannot exist; the omelet should not be put in the pan until the maid is ready to carry it straight to the dining-room as soon as it is finished.

No. 856.—OMELET.*Ingredients—*

3 eggs, 1 salt-spoonful salt, $\frac{1}{2}$ salt-spoonful pepper, 2 oz. butter.

Method—

Beat and strain the eggs, add the pepper and salt, and beat again until the eggs are very light. Melt the butter in a small saucepan, pour in the

eggs, and stir until the omelet is set. Turn it on to a very hot dish, fold it in two, and serve immediately.

Time—To cook, 2 or 3 minutes.

Sufficient for 2 or 3 persons.

No. 857.—OMELET (aux Fines Herbes).

Ingredients—

4 eggs, 2 oz. mushrooms, 3 oz. butter, 1 tea-spoonful minced parsley, $\frac{1}{2}$ tea-spoonful minced onion, seasoning pepper and salt.

Method—

Clean the mushrooms with a small piece of new flannel dipped in salt, and mince them finely. Put 1 oz. of butter in a small frying-pan, and cook the mushrooms for 5 or 6 minutes. Beat and strain the eggs, add the mushrooms with the butter they were cooked in, and the parsley, onion, and seasoning, and beat again thoroughly. Melt the remaining 2 oz. butter in a small frying-pan, pour in the eggs, and stir over a gentle fire until the omelet is set. Turn it into a very hot dish, fold it in two, and serve immediately.

Time—To cook omelet, 4 or 5 minutes.

No. 858.—OMELET SAVOURY.

Ingredients—

4 eggs, 1 tea-spoonful chopped parsley, $\frac{1}{4}$ tea-spoonful chopped onion, seasoning pepper and salt, 2 oz. butter.

Method—

Beat the eggs and strain them, add the parsley, onion, pepper, and salt, and beat again. Put the butter in a small round frying-pan and let it melt, then pour in the eggs, and stir the mixture over a moderate fire until the omelet is set. Turn it on to a very hot dish, fold it in two, and serve immediately.

Time—4 to 5 minutes.

Sufficient for 2 or 3 persons.

No. 859.—OMELET SAVOURY (Another Recipe).

Ingredients—

5 eggs, $\frac{1}{4}$ pint milk, $\frac{1}{2}$ tea-spoonful minced parsley, $\frac{1}{4}$ tea-spoonful minced onions, seasoning pepper and salt, a little nutmeg, 2 oz. butter.

Method—

Beat and strain the eggs, mix them with the milk, add the parsley, onion, and seasoning, and let it stand for 30 minutes. Melt the butter in a frying-pan, pour the mixture in, and stir over a moderate fire until the omelet is set. Turn it into a very hot dish, fold it in two, and serve immediately.

Time—4 or 5 minutes.

Sufficient for 4 persons.

No. 860.—OMELET SOUFFLÉ.

Ingredients—

4 eggs, 4 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, 2 oz. butter.

Method—

Separate the yolks from the whites, beat and strain the yolks, and add to them the sugar and grated lemon rind. Whisk the whites to a very stiff froth, and beat them in. Melt the butter in a small frying-pan, pour in the mixture, and stir over a clear fire until the omelet sets. Turn it into a very hot dish, fold it in two, and serve immediately. It should rise very much, and be served *very quickly* before it can go down.

Time—3 or 4 minutes.

Sufficient for 2 or 3 persons.

No. 861.—OMELET, SWEET.

Ingredients—

5 eggs, 2 oz. castor sugar, 2 oz. butter, 2 table-spoonfuls jam.

Method—

Beat and strain the eggs, and add to them the sugar. Put the jam into a

small basin, and stand it in the oven to become hot. Melt the butter in a small frying-pan, pour in the eggs, set the pan over a moderate fire, and stir the omelet until it is set. Turn it on to a hot dish, put the hot jam on one half of it, fold over the other half to cover the jam, sift pounded sugar over, and serve immediately.

Time—2 or 3 minutes.

Sufficient for 3 or 4 persons.

No. 862.—ONION SAUCE (Brown).

Ingredients—

$\frac{1}{2}$ lb. onions, $\frac{1}{2}$ pint stock, 1 oz. butter, 1 small tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Melt the butter in a saucepan, skin and cut the onions into very thin slices, and fry them for 5 or 6 minutes, but be careful that they do not burn, add the stock, and let it simmer gently for an hour until the onions are quite tender. Mix the arrowroot smoothly with a spoonful of cold stock or water, add it to the sauce, and stir over the fire for 2 or 3 minutes until the sauce thickens, rub it through a fine sieve, heat afresh, season with pepper and salt, and serve.

Time—Altogether, $1\frac{1}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 863.—ONION SAUCE (Brown, Another Recipe).

Ingredients—

$\frac{1}{2}$ lb. onions, $\frac{1}{2}$ pint stock, 1 oz. butter, 1 large tea-spoonful flour, seasoning pepper and salt.

Method—

Melt the butter, skin and chop the onions, and fry them carefully for 5 or 6 minutes, dredge in the flour gradually, stirring well with a wooden spoon as it is added, then add the stock, a little at

a time, letting the sauce boil up as each portion is added, simmer the sauce gently for $\frac{1}{2}$ an hour, then rub through a fine sieve, heat afresh, season with pepper and salt, and serve.

Time—Altogether, $\frac{3}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 864.—ONION SAUCE (White).

Ingredients—

$\frac{3}{4}$ lb. onions, $\frac{1}{2}$ pint milk, 1 large tea-spoonful flour, 1 oz. butter, seasoning pepper and salt.

Method—

Skin the onions, divide them in halves, put them in sufficient boiling water to cover them, and boil for 1 hour, or $1\frac{1}{2}$ hours, until they are quite tender, changing the water twice during that time. Drain and chop them small, turn them into a lined saucepan, pour in the milk, and let them simmer 10 minutes. Mix the flour smoothly with a spoonful of cold milk, add it to the onions, and stir the sauce over the fire for 3 or 4 minutes until it thickens, then season with pepper and salt, add butter, stir the sauce until the butter is melted, and serve very hot.

Time—Altogether, about 2 hours.

Sufficient for 4 or 5 persons.

No. 865.—ONION SAUCE (Soubise).

Ingredients—

$\frac{3}{4}$ lb. onions, $\frac{1}{2}$ pint béchamel sauce No. 137, 1 oz. butter, pepper and salt.

Method—

Peel the onions, trimming away the coarse outer leaves, chop the rest small, and boil in sufficient boiling water to cover them for 10 minutes; drain them, melt the butter, and fry the onions for 6 or 7 minutes, but do not let them take any colour, add the

béchamel, a little at a time, letting the sauce boil up as each portion is added ; let the sauce boil gently for $\frac{1}{2}$ an hour, then rub it through a fine sieve, add a seasoning of pepper and salt, heat afresh, and serve.

Time—Altogether, 1 hour.

Sufficient for 4 or 5 persons.

No. 866.—ONION SOUP (Brown).

Ingredients—

4 large onions, 1 quart stock, seasoning pepper and salt, 1 tea-spoonful arrowroot.

Method—

Skin the onions, divide them in halves, put them into plenty of boiling water, boil them for 30 minutes, then drain and chop them. Put them into a saucepan with the stock, and simmer for 1 hour. Mix the arrowroot with a spoonful of cold water, stir it into the stock, simmer until nicely thickened, rub all through a sieve, season with pepper and salt, heat it afresh, and serve.

Time—1 $\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 867.—ONION SOUP (White).

Ingredients—

4 large onions, 1 quart milk, 2 oz. butter, 1 dessert-spoonful flour, seasoning pepper and salt.

Method—

Skin the onions and divide them, put them into sufficient boiling water to cover them, and boil them for 15 minutes, drain them, and slice them very thinly. Melt the butter, add the onions, and fry them for 7 or 8 minutes, but do not let them take any colour, then dredge in the flour, stirring well with a wooden spoon as it is added, pour in the milk, a little at a time, letting the soup boil up as each portion is added,

boil the soup gently for $\frac{1}{2}$ an hour, rub it through a sieve, heat it afresh, season with pepper and salt, and serve.

Time—Altogether, about 1 hour.

Sufficient for 3 or 4 persons.

No. 868.—ONIONS, SPANISH (Baked).

Ingredients—

2 lbs. onions, 1 oz. butter, $\frac{1}{2}$ pint brown gravy.

Method—

Skin the onions, put them into boiling water, and boil for 1 hour. Then take them out, drain them, and place them on a baking-tin, dot the butter on them, and bake until quite tender. Serve them on a very hot dish, with brown gravy poured over.

Time—To boil, 1 hour.

To bake, 1 $\frac{1}{2}$ to 2 hours, according to size.

Sufficient for 3 or 4 persons.

No. 869.—ONIONS, SPANISH (Stewed).

Ingredients—

2 lbs. Spanish onions, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, 1 pint stock.

Method—

Put the onions into a saucepan of boiling water, salted, and boil them for 1 hour, pour off the water, and add the stock, which should be boiling, simmer gently for another hour, turning them when half done, then arrange them in a hot dish, pour some of the gravy over, and serve.

Time—2 hours.

Sufficient for 3 or 4 persons.

No. 870.—ORANGE CHEESE-CAKES.

Ingredients—

3 table-spoonfuls orange marmalade, 2 eggs, paste No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Beat and strain the eggs, and add them to the marmalade, mixing very thoroughly. Butter some patty-pans, line them with the paste, rolled out thin; put some of the mixture in each, and bake in a moderately quick oven.

*Time—*15 to 20 minutes.

Sufficient for 12 cheese-cakes.

No. 871.—ORANGE JELLY.*Ingredients—*

The juice of 6 oranges, of which 2 should be Seville oranges, thinly-peeled rind of 2 oranges, juice of 2 lemons, rind of 1 lemon, 1 table-spoonful brandy, 1 oz. isinglass, 1¼ pints hot water, ¾ lb. sugar, whites and shells of 2 eggs, 1 wine-glassful cold water.

Method—

Put the isinglass in a lined saucepan with the hot water, let it soak 10 minutes, then add the sugar, strained orange and lemon juice, and very thinly-peeled rinds. Beat the whites and shells of the eggs with the wine-glassful of cold water, and add them to the other ingredients. Heat all slowly to boiling point, stirring occasionally, but do not touch it after boiling has commenced. Simmer for 10 minutes, then let stand 5 minutes, and strain through a jelly-bag, which has been wrung out of cold water, straining a second time what first passes through should it not look perfectly clear. Add the brandy, pour the jelly into a mould that has been well-wetted with cold water, and set it aside to become firm.

Sufficient for 1-quart mould.

No. 872.—ORANGE MARMALADE.*Ingredients—*

24 lbs. Seville oranges, 6 lemons, 28 lbs. sugar, 6 quarts of the water they are boiled in.

Method—

Well wash the oranges and lemons,

and rub them with a very clean wet cloth until any blackness is removed. Boil them in sufficient water to cover them for 2½ to 3 hours until they are perfectly tender, then take them out; halve the fruit, remove all the pulp with a silver or wooden spoon, and take out every pip with a couple of forks or a tea-spoon as preferred. Cut the rinds into very thin chips with a silver knife. While cutting up the fruit, boil the sugar and 6 quarts of the water the oranges were cooked in for ½ an hour, then add the pulp and cut-up rinds, and boil the marmalade rather fast for about an hour, skimming it well, and stirring constantly until the marmalade sets when a little is tried on a plate. Pour into the jars, cover with papers dipped in brandy, and tie down whilst hot.

*Time—*To boil fruit, about 3 hours.

To boil marmalade, 1 hour.

Sufficient for about 35 lbs. marmalade.

No. 873.—ORANGE MARMALADE SAUCE (For Puddings).*Ingredients—*

2 table-spoonfuls marmalade, 1 wine-glass orange wine, 1 wine-glass water, 1 tea-spoonful arrowroot.

Method—

Mix the arrowroot with the marmalade, and put it with the wine and water into a small saucepan. Bring it to the boil, stirring constantly, and let it simmer for 3 minutes. Strain the sauce through a fine sieve over or round the pudding, or serve separately in a sauce-boat, if preferred.

*Time—*To simmer, 3 minutes.

Sufficient for 4 or 5 persons.

No. 874.—OX-TAIL HARICOT.*Ingredients—*

1 ox-tail, 2 oz. butter or dripping, 1 onion, 1 turnip, 2 carrots, 1 small tea-

spoonful arrowroot, 1 dessert-spoonful mushroom ketchup, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, $\frac{3}{4}$ pint stock.

Method—

Melt the butter or dripping in a stewpan, add the onion cut in dice, and fry for 5 or 6 minutes, taking care it does not burn, add the ox-tail, with the carrot and turnip cut into $\frac{1}{4}$ -inch slices, peppercorns, salt, and stock. Simmer all together for 2 hours, then lift out the ox-tail, and cut it into neat joints. Mix the arrowroot and ketchup smoothly together, add them to the stock and vegetables, and stir them over the fire for two or three minutes until the sauce thickens; put in the pieces of ox-tail, heat them thoroughly without allowing them to boil, and serve the ox-tail, piled neatly in the centre of a very hot dish, with the vegetables round, and the strained sauce poured over.

*Time—*Altogether, $2\frac{1}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 875.—OX-TAIL SOUP.

Ingredients—

1 ox-tail, 2 oz. butter, 4 oz. ham, 2 carrots, 2 onions, 1 sprig parsley and thyme, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 tea-spoonful arrowroot, 2 table-spoonfuls sherry, 3 pints water.

Method—

Melt the butter in a stewpan, cut the ham and onions in dice, and fry them for 7 or 8 minutes, then add the ox-tail and the water. Heat all to boiling point, and skim carefully, add the carrots cut in dice, parsley, thyme, peppercorns, and salt, and let all stew gently for 4 hours. Take out the tail, remove all the meat from it, and cut it into 1-inch dice. Strain the soup into a fresh saucepan, add the sherry and arrowroot mixed smoothly together, and stir the soup over the fire for 3 or 4 minutes until it slightly thickens;

then put in the pieces of ox-tail, let them heat slowly in the soup by the side of the fire, and serve the soup very hot.

*Time—*Altogether, $4\frac{1}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 876.—OX TONGUE (To Salt).

Ingredients—

1 tongue, $\frac{3}{4}$ lb. sugar, $\frac{1}{2}$ lb. salt, 2 oz. saltpetre.

Method—

Mix the sugar, salt, and saltpetre together. Rub the tongue with the mixture, lay it in a deep pan, and turn it each day for a month, rubbing it every day. At the end of that time it will be ready to be dressed.

No. 877.—OX TONGUE (To Boil).

Ingredients—

1 tongue, water.

Method—

Soak the tongue in plenty of cold water for 3 or 4 hours. Then put it in a stewpan with sufficient cold water to cover it, and bring it slowly to boiling-point. Boil it carefully until quite tender; try it by running a skewer into the thickest part, and as soon as ready, drain the tongue, and serve on a hot dish.

If required to be served cold, the tongue should be glazed and decorated with croûtons of aspic.

*Time—*3 to $3\frac{1}{2}$ hours.

Sufficient for 10 or 12 people.

No. 878.—OX TONGUE (To Dress).

Ingredients—

1 ox tongue, $\frac{1}{4}$ pint glaze, $\frac{1}{2}$ pint aspic.

Method—

Boil the tongue as directed in preceding recipe. When the tongue is

cold, melt the glaze, and brush it over in every part, giving the tongue a second coat as soon as the first is dry. Melt the aspic, and pour it into a slightly buttered tin or dish to the depth of $\frac{1}{2}$ an inch, and put it aside to set. When firm, turn it out on to the pastry-board, and stamp out as many croûtons as you can with a cutter, collect the trimmings, and chop them small with a very sharp knife. Lay the ox tongue in the dish in which it is to be served, garnish it with the croûtons and chopped aspic and some very fresh parsley, and serve.

No. 879.—OX TONGUE (Potted).

Ingredients—

1 lb. cold cooked ox tongue, 6 oz. cold roast veal, 6 oz. butter, a pinch of cayenne.

Method—

Remove all skin and fat from the tongue and veal, and chop them coarsely, then turn them into the mortar, and pound them to a perfectly smooth paste, gradually adding the butter; season with cayenne, and be careful that no unpounded portions remain. Press the meat into small jars, pour over a thin layer of clarified butter to exclude the air, tie down carefully, and keep in a cool place.

The addition of the roast veal is rendered necessary by the softness of the tongue, which pounded by itself would not be successful.

Sufficient for 1½ lbs. potted meat.

No. 880.—OYSTERS (To Serve).

Oysters should be opened with a proper oyster knife, by inserting the point at the juncture of the two shells, and pressing firmly with an upward movement. The oyster must then be detached from its shell and transferred into the upper or deeper shell, care

being taken during the process not to lose the delicate liquor which will be found in the shell. From 4 to 6 oysters should be arranged on each plate, which should be put in the diner's place before the guests enter the dining-room. Thinly cut brown bread and butter and cut lemon must be served with them.

Oysters must only be opened a very short time before they are intended to be eaten.

No. 881.—OYSTERS (Curried).

Ingredients—

2 doz. oysters, 1 table-spoonful curry powder, 1 table-spoonful flour, juice of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ salt-spoonful salt, $\frac{1}{4}$ pint milk or stock, 1 oz. butter, 1 small onion, 3 oz. rice.

Method—

Open the oysters, wash them in their own liquor, put them into a lined saucepan, and strain their liquor over them. Heat them slowly to boiling point, but do not let them boil, take them out, remove their beards, and set the oysters aside in their liquor. Melt the butter in a small stewpan, mince the onion finely, and fry it for 5 or 6 minutes, taking care that it does not burn. Mix the flour, curry powder, and salt very smoothly with the milk or stock, add this to the onion, and stir until it is quite smooth and very thick. Stir in the oyster liquor gradually, and simmer until the sauce has again thickened, then draw it back from the fire, put in the oysters and lemon juice, mix well, and let them heat at the side of the fire, taking care that they do not boil. Serve with a border of rice.

Time— To make sauce, about 15 minutes.

To heat oysters, 15 minutes.

Sufficient for 4 or 5 persons.

No. 882.—OYSTER PATTIES.*Ingredients—*

$\frac{1}{2}$ pint oyster sauce No. 884, 1 doz. patty-cases No. 907.

Method—

Make the patty-cases as directed, when cooked and emptied have ready the oyster sauce very hot, fill each patty case quickly, heat carefully in oven, and serve very hot.

Sufficient for 12 oyster patties.

No. 883.—OYSTER SAUCE.*Ingredients—*

$\frac{1}{2}$ doz. large oysters, 1 tin of oysters, $\frac{1}{2}$ pint milk, 1 dessert-spoonful flour, 1 oz. butter, seasoning salt and cayenne.

Method—

Open the tin of oysters, pour away the brine, wash the oysters in fresh water, and cut them into 2 or 3 pieces. Put them in a lined saucepan with the milk, and simmer them very gently for $\frac{1}{2}$ an hour. Open the fresh oysters, wash them in their own liquor, put them in a lined saucepan, and strain their liquor over them. Bring them slowly to boiling point, but do not allow them to boil; take them out and remove their beards, cut the oysters in 4 pieces and set these aside. Dredge the flour into the liquor, and stir until quite smooth, strain in the milk from the other saucepan slowly, leaving behind the tinned oysters, stirring all the time, and continue stirring until it is nicely thickened, then add the fresh oysters and seasoning of salt and cayenne, and let it remain by the side of the fire for 15 minutes. Take it off the fire, put in the butter, stir it until it is melted, and serve very hot.

The tinned oysters give an excellent oyster flavour to the sauce, but should not be served in it.

*Time—*Altogether, about 1 hour.

Sufficient for 4 or 5 persons.

No. 884.—OYSTER SAUCE (Very Fine).*Ingredients—*

$1\frac{1}{2}$ doz. oysters, $\frac{1}{3}$ pint milk, 1 dessert-spoonful flour, 1 oz. butter, seasoning salt and cayenne.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, and strain the liquor over them. Heat them slowly to boiling point, but do not let them boil; take them out, beard them, and set them aside. Dredge the flour into the liquor, and stir until quite smooth, then stir in the milk gradually, add the salt and cayenne, and stir until quite smooth and thick; add the oysters, and let them remain by the side of the fire to become very hot, but be careful that they do not boil. Take them off the fire, add the butter, stir until melted, and serve very hot.

*Time—*To make sauce, about 10 minutes.

To heat oysters, 15 minutes.

Sufficient for 4 or 5 persons.

No. 885.—OYSTERS (Scalloped).*Ingredients—*

2 doz. oysters, 2 oz. fine bread-crumbs, seasoning pepper and salt, 2 oz. butter.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, strain the liquor over them, and heat slowly to boiling point, but do not let them boil. Take them out, and remove their beards. Butter some scallop shells thickly, lay a tea-spoonful of breadcrumbs at the bottom, then put 4 oysters, strain a little oyster liquor over, cover with breadcrumbs, sprinkle a little pepper and salt, and

dot little pieces of butter on top. Bake in a gentle oven, and serve very hot.

Time—10 to 15 minutes.

Sufficient for 6 scallops; allow 1 to each person.

No. 886.—OYSTERS (Scalloped, Another Recipe).

Ingredients—

1 doz. oysters, $\frac{1}{4}$ pint white sauce No. 1211, 1 oz. butter, 1 oz. fine bread-crumbs.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, strain the liquor over them, and heat slowly to boiling point, but do not let them boil. Take them out, and remove their beards. Have ready $\frac{1}{4}$ pint white sauce boiling hot, strain the liquor to this, put in the oysters, and let them remain at the side of the fire for 5 minutes. Butter the scallop shells, put some of the mixture in each, dividing the oysters equally. Sprinkle the breadcrumbs over, dot some butter on top, and bake in a moderate oven.

Time—15 minutes.

Sufficient for 4 scallops; allow 1 to each person.

No. 887.—OYSTERS (Scalloped, with Mushrooms).

Ingredients—

1 doz. oysters, 2 oz. butter, 2 oz. mushrooms, 1 oz. fine breadcrumbs, seasoning pepper and salt.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, strain the liquor over them, and heat slowly to boiling point, but do not let them boil. Take them out, and remove their beards. Mince the mushrooms, melt 1 oz. of the butter in a

small saucepan, and stir the mushrooms in this, over a gentle fire, for 10 minutes. Add the oysters and their liquor, and mix well. Thickly butter the scallop shells, fill them with the mixture of oysters and mushrooms, cover with bread-crumbs, sprinkle a little pepper and salt over, dot the butter on top, and bake in a gentle oven.

Time—To bake, 15 minutes.

Sufficient for 4 scallop shells; allow 1 to each person.

No. 888.—OYSTER SOUP.

Ingredients—

2 doz. oysters, 1 quart veal stock, 1 tea-spoonful arrowroot, $\frac{1}{4}$ pint cream, seasoning salt and cayenne.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, strain their liquor over them, and heat them slowly to boiling point, but do not let them boil or they will be spoilt, lift out the oysters and remove their beards. Add the veal stock to the oyster liquor, with the beards of the oysters, and let them simmer for 20 minutes. Mix the arrowroot smoothly with the cream, add them to the soup, and stir over the fire for 3 or 4 minutes until the soup thickens. Strain the soup into a fresh saucepan, add the oysters with a seasoning of salt and cayenne, heat thoroughly without allowing the oysters to boil, and serve very hot.

Time—About $\frac{1}{2}$ hour.

Sufficient for 3 or 4 persons.

No. 889.—OYSTERS (Stewed).

Ingredients—

2 doz. oysters, $\frac{1}{2}$ pint cream, seasoning salt and cayenne, 1 tea-spoonful flour, 1 tea-spoonful lemon juice.

Method—

Open the oysters, wash them in their own liquor, put them in a lined saucepan, strain the liquor over them, and heat slowly to boiling point, but do not let them boil, lift them out, and remove their beards. Mix the cream smoothly with the flour, and add it into the oyster liquor, season with pepper and salt, and stir until nicely thickened; then put in the oysters, and let them remain by the side of the fire for 10 minutes. Add the lemon juice, and serve in a very hot dish, garnished with fried sippets.

*Time—*Altogether, about 25 minutes.

Sufficient for 4 or 5 persons.

No. 890.—PANADA (For Forcemeats).*Ingredients—*

4 oz. fresh breadcrumbs, $\frac{1}{2}$ pint light veal stock, $\frac{1}{4}$ pint cream.

Method—

Have the breadcrumbs in a basin, pour the veal stock, which must be boiling, over them, cover, and let them remain $\frac{1}{2}$ an hour, then turn the soaked bread into a very clean cloth, and wring it well to press out the liquid. Put the bread into a lined saucepan, pour the cream on it, and stir them constantly with a wooden spoon over a gentle fire until the cream is absorbed and the panada forms a dryish paste, adheres to the spoon, and leaves the sides of the saucepan. It is then ready to be used where directed.

*Time—*To soak breadcrumbs, $\frac{1}{2}$ hour. To cook panada, 10 to 20 minutes.

No. 891.—PANCAKES.*Ingredients—*

3 eggs, 3 oz. flour, $\frac{3}{4}$ pint milk, a pinch of salt, 2 oz. butter.

Method—

Beat and strain the eggs, mix the

flour and salt smoothly with them, and add the milk gradually, making a perfectly smooth batter. Melt a very small piece of butter in a small frying-pan, pour in a small tea-cupful of the batter, let it run all over the pan, then fry it for 3 or 4 minutes; when done, turn on to a hot dish, roll it up, cover, and keep it hot, melt a fresh piece of butter in the frying-pan, pour in some more batter, and proceed as before until all the batter is used, then pile the pancakes, cross-barred, on a very white napkin in a hot dish, sift sugar on them, and serve at once.

Send cut lemon and pounded sugar to table with them.

*Time—*To fry each pancake, 3 or 4 minutes.

Sufficient for 3 or 4 persons.

No. 892.—PANCAKES (à la Celestine).*Ingredients—*

$\frac{1}{4}$ lb. flour, 4 eggs, $\frac{1}{2}$ pint milk, 2 oz. butter, 2 table-spoonfuls apricot jam.

Method—

Heat the jam in the oven. Beat and strain the eggs, mix the flour very smoothly with them, and add the milk gradually, making a perfectly smooth batter. Melt a very small piece of the butter in a small frying-pan, 4 or 5 inches in diameter, pour in two table-spoonfuls of the batter, let it run all over the pan, then fry the pancake for 2 or 3 minutes until lightly browned and cooked through; turn the pancake on to a dish and keep it hot, melt a fresh piece of butter in the frying-pan, pour in some more batter, and proceed as before until all the batter is used; then very expeditiously put a tea-spoonful of the hot jam in each pancake, roll them up very neatly, pile cross-barred on a very white napkin in a hot dish, sift sugar thickly on them, and serve at once. The pancakes must

be small, and extremely light. Much of their excellence depends on the quickness with which they are made and sent to table.

Time—2 minutes to fry each pancake.

Sufficient for 4 or 5 persons.

No. 893.—PARSLEY AND BUTTER.

Ingredients—

3 or 4 large sprigs of parsley, $\frac{1}{2}$ pint melted butter No. 227.

Method—

Wash the parsley, tie it in a bunch, put it into boiling water, and boil it for 5 minutes. Drain it, and chop very finely sufficient to fill a table-spoon. Have ready $\frac{1}{2}$ pint of melted butter very hot, stir in the parsley, mix thoroughly, and serve.

Time—Altogether, 10 or 12 minutes.

Sufficient for 5 or 6 persons.

No. 894.—PARSLEY (Fried).

Ingredients—

7 or 8 bushy sprigs of parsley, boiling lard.

Method—

Cut off most of the stalk, wash the parsley thoroughly, and swing it dry in a clean cloth. Put it in a frying-basket, plunge this into a saucepan of boiling lard, and fry for 1 minute. Take it up, drain, turn it on to kitchen paper, and use immediately.

Time—1 minute.

Sufficient for garnishing 1 dish.

No. 895.—PARSNIPS (Boiled).

Ingredients—

3 or 4 parsnips of moderate size (or 2 if very large), 1 quart water, $\frac{1}{2}$ table-spoonful salt, $\frac{1}{4}$ pint melted butter.

Method—

Wash the parsnips, peel them thinly, and remove any specks. If the pars-

nips are very large, cut them in half and quarter the thick part. Put them into a saucepan of boiling water, salted, and boil them rapidly until tender. Try them with a fork, and when they are tender throughout, take them up, drain them, and serve in a very hot dish with a little well-made melted butter poured over them.

Time—20 to 30 minutes if young; 45 minutes to 1 hour if old.

Sufficient for 3 or 4 persons.

No. 896.—PARSNIPS (Fried in Batter).

Ingredients—

2 parsnips, frying batter No. 123, boiling lard.

Method—

Wash and peel the parsnips, put them in a saucepan with sufficient boiling water to cover them, and boil them for 20 minutes, take them out and drain them. Cut them into $\frac{1}{4}$ -inch slices, and if desired to look very nice, stamp them into rounds of equal size with a plain cutter. Have ready a saucepan of boiling lard with the frying-basket in it. Dip each piece of parsnip into the batter, then fry them for 8 to 10 minutes until they are of a light-golden brown, drain well on kitchen paper, and serve very hot.

Time—20 minutes to boil parsnips; 8 to 10 minutes to fry them.

Sufficient for 4 or 5 persons.

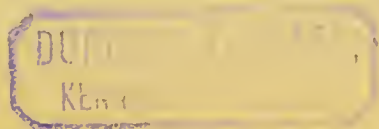
No. 897.—PARSNIP SOUP.

Ingredients—

1 lb. parsnips, 2 oz. butter, 1 quart of stock, seasoning of pepper and salt.

Method—

Melt the butter, wash and peel the parsnips, slice them into the saucepan and fry them for 10 minutes, add the stock, and let the soup boil gently for an hour, then rub all through a fine



sieve, heat afresh, season with pepper and salt, and serve very hot.

Time—Altogether, $1\frac{1}{4}$ hours.

Sufficient for 3 or 4 persons.

No. 898.—PARSNIP SOUP (Without Meat).

Ingredients—

1 lb. parsnips, 1 small onion, 1 oz. butter, 1 large tea-spoonful flour, 1 quart milk, seasoning of pepper and salt.

Method—

Wash and peel the parsnips, put them in a saucepan with sufficient boiling water to cover them, and boil them for 20 minutes, drain them, and slice them into a fresh saucepan, pour in the milk, add the onion, minced, and let all simmer gently for 40 minutes, then rub all through a fine sieve, and return it to the saucepan. Mix the flour smoothly with a spoonful of cold milk, add it to the soup, and stir it over the fire for 3 or 4 minutes until the soup thickens, add a seasoning of pepper and salt and the butter, take it off the fire, stir well, and serve very hot.

Time—20 minutes to boil parsnips, $\frac{3}{4}$ hour to finish soup.

Sufficient for 3 or 4 persons.

No. 899.—PARTRIDGE (Broiled).

Ingredients—

2 partridges, seasoning of salt and cayenne, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint mushroom sauce.

Method—

See that the partridges have been carefully plucked and drawn. Cut them in half, and sprinkle each piece with salt and a little cayenne. Broil them over a very clear fire for 20 minutes, turning them when half done, spread a little butter over each, and serve very hot. Send mushroom sauce to table with them.

Time—20 minutes.

Sufficient for 2 or 3 persons.

No. 900.—PARTRIDGE PIE.

Ingredients—

1 brace of partridges, 2 oz. butter, 1 lb. rump steak, 1 mutton kidney, $\frac{1}{2}$ lb. mushrooms, 2 hard-boiled eggs, 1 table-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoonful pepper, $\frac{1}{2}$ pint stock, puff-crust No. 400, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion, 1 egg.

Method—

Melt the butter, cut the partridges into quarters, and fry them for 7 or 8 minutes, take them out and drain them. Clean the mushrooms with a little piece of flannel, dipped in salt, chop them coarsely, and fry them in the butter, then turn all into a basin. Remove all skin and fat from the steak, and cut it into thin strips. Mix the flour, pepper, and salt on a plate, dip each piece of steak in the mixture, roll it up, and put a layer of the little rolls at the bottom of the pie-dish, then some of the pieces of partridge, filling the interstices with part of the mushrooms, cut the kidney into 6 or 7 slices and add it, build up the pie in a dome-shape with the pieces of partridge, steak, and mushrooms, until all are used, then lay the hard-boiled eggs, cut in slices round, and pour in the stock. Cut a thin strip of paste, and lay it round the edge of the dish. Roll out the cover, place it on top, and ornament the edges neatly. Beat and strain the egg, brush the pie over with it, and bake in a good oven about 2 hours. Lay a buttered paper over the pie as soon as the crust is nicely browned.

Time—2 hours.

Sufficient for 5 or 6 persons.

No. 901.—PARTRIDGE PUDDING.

Ingredients—

1 brace of partridges, $\frac{1}{2}$ lb. rump steak, $\frac{1}{2}$ pint stock, 1 table-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoon-

ful pepper, suet crust No. 404, made with 1 lb. flour, and other ingredients in proportion.

Method—

Butter a pudding basin and line it with crust. Mix the flour, pepper and salt on a plate. Remove all skin and fat from the steak, and cut it into thin strips about 3 inches long and 1 inch wide. Dip each piece in the flour, etc., and roll it up. Cut each partridge in quarters, and dip each piece in the mixture. Fill the basin with alternate layers of steak and pieces of partridge, and pour in the stock. Roll out the cover, put it on, pinch the edges together, tie up the pudding securely, and boil in plenty of boiling water, and boil it for $3\frac{1}{2}$ hours.

Put the basin on a hot dish, pin a very white napkin round it, and send to table immediately.

Time— $3\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 902.—PARTRIDGES (Roast).

Ingredients—

1 brace of partridges, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Choose young birds, and let them be plump and well hung. Roast them before a clear fire or in a good oven, and baste them continually with plenty of clarified dripping. Five minutes before serving flour the breasts, and baste again until they are nicely frothed. Serve on neat slices of toast with a little gravy poured round, and send gravy and bread-sauce to table with them.

*Time—*25 to 30 minutes.

Sufficient for 3 or 4 persons.

No. 903.—PASTRY (Remarks on).

Care, a light cool hand, and a well-managed oven, render the making of good and wholesome pastry a simple

matter. All the materials must be perfectly good of their kind, whether butter, dripping, or lard is used. Short crust made with a moderate proportion of butter is preferable for ordinary fruit tarts, as being much more wholesome than richer crusts.

In making puff crusts, two things should be noted, the condition of the butter must be very cold and *firm*, and a good steady heat must be maintained in the oven the whole time of cooking. In summer, puff paste must be kept over ice in the intervals between rolling. For all pastes, use a wooden spoon to mix with, and proceed with as much expedition as possible.

No. 904.—PASTE (Feuilletage.)

Ingredients—

1 lb. finest Vienna flour, 1 lb. fresh butter, $\frac{1}{2}$ tea-spoonful salt, yolks of 2 eggs, about 7 or 8 table-spoonfuls of very cold water.

Method—

Put the flour in a bowl with the salt, rub in 1 oz. of the butter, make a hole in the centre of the flour, put in the yolks of the eggs, first carefully removing the specks, and add just sufficient very cold water to make a *firm*, smooth paste, using a wooden spoon to mix with. Turn the paste on to a floured board, and leave it to cool for ten minutes, then roll it out about $\frac{3}{4}$ -inch thick. Wring the butter in a very clean cloth to extract any moisture, and be sure that it is firm and cool, or the paste will not rise properly. In summer the butter should be placed on ice for half an hour before it is used. Put the butter in the centre of the paste, which fold over as if making a dumpling, dredge a little flour on, and roll the paste out $\frac{1}{2}$ -inch thick, taking care that the butter does not break through. Fold the paste in three, and roll it out again, then put it on a floured dish, and

set it aside for half an hour in a cool place, or, in summer, on ice. Fold in three and roll it out, fold again and roll out, set aside for a quarter of an hour, then fold and roll out twice as before, and it is then ready for use.

No. 905.—PASTE (Flour and Water).

Ingredients—

1 lb. flour, $\frac{1}{3}$ pint water.

Method—

Put the flour in a bowl, and mix it with sufficient cold water to make a stiff, smooth paste, using a wooden spoon to mix it with. Turn it on to a floured board, knead until quite smooth, roll out $\frac{1}{2}$ -inch thick, and use where directed. This is the paste used for marrow bones to prevent the marrow boiling out, and for many other purposes. The paste must be made rather stiff, and be well kneaded into a firm, close mass, or it will not fulfil its purpose.

No. 906.—PASTRY SANDWICHES.

Ingredients—

Crust No. 402, or No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion, $\frac{1}{2}$ lb. jam.

Method—

Divide the paste in two, roll out one portion into a square sheet less than $\frac{1}{4}$ -inch in thickness, lay it on a floured baking-sheet, spread the jam equally on it, roll out the rest of the crust, lay it on top, and press the edges together. Mark the paste into divisions $3\frac{1}{2}$ inches long and 1 inch wide with the back of a knife, and bake the pastry 15 to 20 minutes, sift sugar on, divide where marked whilst still hot, pile the sandwiches, cross-barred, in a silver or glass dish, and serve cold.

*Time—*15 to 20 minutes.

Sufficient for 4 or 5 persons.

No 907.—PATTY CASES.

Ingredients—

Feuilletage paste No. 904, made with 1 lb. flour, and other ingredients in proportion, 1 egg.

Method—

Make the paste as directed, and roll it out quite 1 inch thick. Stamp out rounds with a cutter 2 inches in diameter, make a mark in the centre by pressing with a smaller cutter, beat and strain the egg, and brush each patty case over. Bake them in a rather quick oven, taking great care that they do not burn. When cooked, carefully cut out the small rounds marked with the cutter, and set them aside, then with the point of a small sharp knife remove the soft inside paste, leaving rather less than $\frac{1}{4}$ inch thickness all the way round, and $\frac{1}{2}$ inch at the bottom. When wanted for use, make the patty cases very hot in the oven, have ready the preparation also heated, fill the patty cases, replace their covers on the top, and serve.

The cuttings of this paste can be advantageously used for jam puffs or tartlets.

*Time—*To bake cases, 20 to 30 minutes.

Sufficient for 12 patty cases.

No. 908.—PEAS, GREEN (To Boil).

Ingredients—

$\frac{1}{2}$ peck unshelled peas, small sprig mint, 1 quart water, $\frac{1}{2}$ table-spoonful salt.

Method—

Let the peas be very freshly gathered, shell them, and put them with the mint into a saucepan of fast-boiling water salted. Boil them quickly until quite tender, turn them into a colander, drain them well, take out the mint, and

serve the peas in a very hot vegetable dish.

Time—Small young peas, 15 minutes. Marrowfats, and other large peas, 20 to 25 minutes.

Sufficient for 3 or 4 persons.

No. 909.—PEAS, GREEN (à la Française).

Ingredients—

$\frac{1}{2}$ peck unshelled green peas, $2\frac{1}{2}$ oz. butter, $\frac{1}{2}$ tea-spoonful pounded sugar, 1 tea-spoonful flour.

Method—

Put 2 oz. of the butter into a saucepan, and let it just melt. Shell the peas, add them to the butter, and stir them constantly over a very gentle fire for 15 minutes, then pour in sufficient boiling water to cover them, and boil rapidly for 25 minutes. Take them up, drain them, and put them back in the saucepan with the pounded sugar, mix the flour and $\frac{1}{2}$ oz. butter smoothly with a knife, add them to the peas, and shake the saucepan round until the butter is melted, when serve immediately.

Time—Altogether, about 43 minutes.

Sufficient for 3 or 4 persons.

No. 910.—PEASE PUDDING.

Ingredients—

1 pint split peas, 1 oz. butter, seasoning pepper and salt.

Method—

Soak the peas in cold water for 12 hours, picking out any which may be worm-eaten. Tie them in a cloth, leaving plenty of room for them to swell, put them into a saucepan of cold water, bring to the boil, and boil them for $2\frac{1}{2}$ hours. Take them out, and rub them with a wooden spoon through a fine sieve. Add the butter, pepper,

and salt, mix well, and tie up very tightly in a fresh clean cloth. Put this into boiling water, and boil for 30 minutes; untie the cloth, turn the pudding into a very hot dish, and serve immediately.

Time—3 hours.

Sufficient for 5 or 6 persons.

No. 911.—PEA SOUP (Green).

Ingredients—

1 pint shelled peas, 1 quart beef or veal stock, seasoning pepper and salt.

Method—

Boil the peas until they are quite tender, drain off the water, replace it with stock, and simmer all gently for 30 minutes. Rub the soup through a fine sieve, heat it afresh, season with pepper and salt, and serve very hot.

Time—Altogether, about 1 hour.

Sufficient for 3 or 4 persons.

No. 912.—PEA SOUP (Green, Another Recipe).

Ingredients—

1 quart consommé No. 373, 1 pint shelled peas.

Method—

Boil the peas until quite tender, drain them carefully, pour in the boiling consommé, simmer very gently for 5 minutes, taking care not to break the peas, and serve.

Time—Altogether 30 minutes.

Sufficient for 3 or 4 persons.

No. 913.—PEA SOUP (Without Meat, Winter).

Ingredients—

$\frac{1}{2}$ pint dried peas, 2 small onions, 2 carrots, 1 turnip, 1 tea-spoonful salt, seasoning of pepper, 3 pints water.

Method—

Soak the peas (having picked out any worm-eaten ones) in cold water for 12 hours. Put them into a saucepan, pour on them the cold water, and boil them for 2 hours, then add the vegetables, cut up very small, and the seasoning, and boil all again for 1½ hours, rub the soup through a fine sieve, heat it afresh, and serve very hot.

*Time—*3½ hours.

Sufficient for 3 or 4 persons.

No. 914.—PEACHES (Compôte of).*Ingredients—*

6 peaches, ½ pint water, ¼ lb. sugar, 1 tea-spoonful lemon juice.

Method—

Boil the sugar, lemon juice, and water together for 10 minutes, peel, stone, and halve the peaches; simmer them gently in the syrup until quite tender, then lift them out carefully, and arrange them in a silver or glass dish. Boil the syrup quickly for 5 minutes, let it cool a little, then strain it over the fruit. Crack the stones of the peaches, blanch the kernels and strew them over the fruit. Serve very cold, iced if possible.

*Time—*To simmer peaches, 20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 915.—PEACH FRITTERS.*Ingredients—*

4 peaches, frying batter No. 123, boiling lard for frying.

Method—

Peel, halve, and stone the peaches. If they are not quite ripe, simmer them in sugar and water, as in preceding recipe, for 15 minutes, but if the fruit ripe enough to be eaten raw is used this is unnecessary. Have ready a saucepan of boiling lard, put the frying-basket in

it, dip each half-peach into the batter, drop it into the saucepan, and fry the fritters a delicate golden brown, take them up and drain them very carefully on kitchen paper, sprinkle a little sifted sugar on each, and serve very hot.

Send sifted sugar to table with them.

*Time—*To fry, 7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 916.—PEACH FRITTERS (Very Good).*Ingredients—*

5 or 6 peaches, 2 table-spoonfuls maraschino or brandy, frying batter No. 123, boiling lard for frying.

Method—

Skin, halve, and stone the peaches, which should be very ripe, put them in a dish with the maraschino or brandy, and leave for 2 or 3 hours, pouring the liqueur over them occasionally with a spoon. Have ready a saucepan of boiling lard with the frying-basket in it, drain the peaches, dip each half into the frying batter, drop the fritters into the boiling lard and fry them a golden brown, drain them carefully, turn them on to kitchen paper to absorb any remaining grease, and serve on a very clean napkin, with a little sugar sifted over.

Send pounded sugar to table with them.

*Time—*To fry fritters, 8 to 10 minutes.

Sufficient for 4 or 5 persons.

No. 917.—PEACH JELLY.*Ingredients—*

1 quart clear wine jelly No. 243, or No. 670, 3 or 4 peaches.

Method—

Skin and stone the peaches, cutting each into 5 or 6 pieces. Pour a little liquid jelly into a mould that has been

well-wetted and drained; let it set. Lay on it 3 or 4 pieces of peach, and pour in a little more jelly; let that set. Add a little more jelly and some more fruit; continue in this way until the mould is full, always allowing each portion of jelly to set before the next is added, or the fruit will float to the top of the jelly. Set the mould in a cool place to become firm. In warm weather, it is almost imperative to keep the mould on ice, or the jelly will not set.

If ice cannot be obtained, an extra $\frac{1}{2}$ oz. of isinglass must be used.

Sufficient for 1 quart mould.

No. 918.—PEARS (Compôte of).

Ingredients—

2 lbs. cooking pears, 6 oz. sugar, $\frac{3}{4}$ pint water, a few drops of cochineal.

Method—

Peel the pears, leaving on the stalks, and halve them neatly. Boil the sugar and water together for 10 minutes, then put in the pears and simmer them very gently until cooked. Take them out and arrange them in a silver or glass dish, add the cochineal to the syrup, boil it up for 1 or 2 minutes, let it cool a little, then strain it over the fruit, and set aside until quite cold.

*Time—*To simmer pears, about 3 hours.

Sufficient for 5 or 6 persons.

No. 919.—PEAR FRITTERS.

Ingredients—

1 lb. stewing pears, 1 pint water, $\frac{1}{2}$ lb. sugar, frying batter No. 123.

Method—

Boil the sugar and water together for 10 minutes, peel and halve the pears, and stew them very gently in the syrup for $1\frac{1}{2}$ hours, then take them out, drain them on a sieve, and dip

them in the batter. Have ready a saucepan of boiling lard with the frying-basket in it, put in the fritters, and fry them a light golden brown. Take them up, and drain them carefully on kitchen paper. Sift a little pounded sugar over, and serve very hot with pounded sugar handed round.

*Time—*To fry fritters, 7 or 8 minutes.

Sufficient for 6 or 8 fritters; allow 2 for each person.

No. 920.—PEARS (in Red Jelly).

Ingredients—

2 lbs. cooking pears, 6 oz. sugar, $\frac{3}{4}$ pint water, $\frac{1}{4}$ oz. isinglass, a few drops of cochineal.

Method—

Peel the pears, leaving on the stalks, and halve them neatly. Boil the sugar and water together for 10 minutes, then put in the pears, and let them boil gently until cooked. Take them out and arrange them in a silver or glass dish. Boil the syrup quickly for 4 or 5 minutes to reduce it a little, add the isinglass, and stir until it is melted. Colour with a few drops of cochineal to a nice red colour; let the syrup cool a little, then strain it over the pears, and set in a cool place to become firm.

*Time—*Altogether, about $3\frac{1}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 921.—PERCH (Fried).

Ingredients—

4 or 5 perch, 1 egg, 1 tea-spoonful dried herbs, breadcrumbs, boiling fat for frying, $\frac{1}{4}$ pint anchovy sauce.

Method—

Clean and scale the fish, mix the herbs with the breadcrumbs, brush the fish over with egg, and cover them with the mixed herbs and breadcrumbs. Put them in the frying-basket, plunge it into a saucepan of

boiling lard, and fry the fish a golden brown. Turn them on to kitchen paper to drain, and serve on a clean napkin, garnished with fried parsley and cut lemon.

Send anchovy sauce to table with them.

Time—10 minutes.

Sufficient for 4 or 5 persons.

No. 922.—PERCH (Stewed).

Ingredients—

3 or 4 perch, 1 onion, 1 carrot, 1 sprig parsley and thyme, 1 quart stock, $\frac{1}{2}$ tea-spoonful arrowroot, 2 table-spoonfuls port wine, the juice of $\frac{1}{2}$ a lemon, seasoning salt and cayenne pepper.

Method—

Scale the fish and clean them thoroughly, lay them in a stewpan, add the vegetables (sliced) and the herbs, and cover them with boiling stock. Stew all very gently for 20 minutes, then strain off nearly $\frac{1}{2}$ pint of the liquor into a fresh saucepan, mix the arrowroot with the port wine, stir these into the stock, and simmer until nicely thickened, add the lemon juice and seasoning, and stir well. Take out the perch, place them on a hot dish, strain the gravy over, and serve immediately.

Time—Altogether, 25 minutes.

Sufficient for 3 or 4 persons.

No. 923.—PHEASANT (Broiled).

Ingredients—

1 pheasant, clarified dripping, 1 oz. butter, seasoning salt and cayenne, $\frac{1}{4}$ pint brown gravy.

Method—

Roast the pheasant for 20 minutes, basting it well, then cut it in half, brush over each side with the butter (melted), sprinkle a little salt and cayenne, and broil over a clear fire for

20 minutes, turning it when half done. Serve on a very hot dish, and send brown gravy to table with it.

Time—40 minutes.

Sufficient for 3 or 4 persons.

No. 924.—PHEASANT (Roast).

Ingredients—

1 pheasant, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy No. 612, $\frac{1}{2}$ pint bread-sauce.

Method—

Let the bird be well hung, roast it before a brisk fire or in a good oven, and baste it continually with plenty of clarified dripping. Five minutes before serving, dredge the breast with flour, and baste again until nicely frothed. Remove the skewer and trussing threads. Place the bird on a neatly-cut round of toast, pour a little gravy round, and serve with gravy and bread-sauce handed round. Send also fried breadcrumbs to table when liked.

Time—35 to 45 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 925.—PIG SUCKING (Roast).

Ingredients—

1 sucking pig, $\frac{1}{4}$ lb. breadcrumbs, 1 table-spoonful minced sage, 6 oz. butter, seasoning pepper and salt, $\frac{3}{4}$ pint veal gravy, 2 table-spoonfuls sherry, 1 dessert-spoonful lemon juice, $\frac{3}{4}$ pint apple sauce.

Method—

Mix the breadcrumbs, 2 oz. of the butter, the sage, pepper and salt well together, fill the body of the sucking pig with this, and tie it up securely with tape. Put the pig in a baking-dish, dot the rest of the butter over it in small pieces, and bake in a hot oven, basting it constantly. When half done lay a piece of paper over the middle of the

pig to prevent it burning. When cooked, cut off the head quickly, remove the tapes, cut the body in two, lengthways, and keep it hot. Have ready the veal gravy, boiling hot, take out the brains from the head and stuffing from the body, chop them quickly together, and add them with the sherry to the veal stock. Pour away the dripping from the tin, add the gravy at the bottom of the tin to the veal stock in saucepan, add the lemon juice, and stir over the fire for 2 or 3 minutes. Arrange the pig on a very hot dish, with the two sides lying lengthwise, and half the head at each end. Pour some of the gravy round, and send the rest to table in a sauce-boat.

Serve apple sauce also with this dish.
Time—1½ hours.
Sufficient for 9 or 10 persons.

No. 926.—PIG'S PETTITOES.

Ingredients—

4 pig's feet, 1 pig's liver, 1 pig's heart, 1 rasher bacon, 1 small onion, 6 peppercorns, ¼ tea-spoonful salt, 1 dessert-spoonful flour, 1 pint stock, sippets of toast.

Method—

Put the feet, liver, and heart into a saucepan, with the bacon and onion cut in slices, the stock, and the peppercorns and salt. Bring all to boiling-point, let it boil gently for 20 minutes, then lift out the heart and liver, and continue stewing the feet for another 20 minutes. Mix the flour smoothly with a spoonful of cold stock, add it to the feet, and simmer the gravy for 3 or 4 minutes until it is nicely thickened, stirring all the time. Mince the liver and the heart finely, add them to the pettitoes, let them heat thoroughly by the side of the fire for 10 minutes, then arrange the pettitoes on a very hot dish, pour the gravy over, garnish with fried sippets, and serve very hot.

Time—Altogether, about 50 minutes.
Sufficient for 3 or 4 persons.

No. 927.—PIGEON (Broiled).

Ingredients—

2 or 3 pigeons, 1 oz. butter, ½ pint mushroom sauce No. 806, or brown gravy No. 217.

Method—

Have the birds trussed for roasting, cut them in half, and brush them well in every part with the butter, which must be just liquid. Heat the gridiron, rub the bars with a little piece of suet, and broil the pigeons for 15 to 20 minutes, turning them when half done. Serve them on a very hot dish, and send mushroom sauce or brown gravy to table with them.

Time—15 to 20 minutes.

Sufficient for 2 or 3 persons.

No. 928.—PIGEON PIE.

Ingredients—

3 pigeons, 1 lb. rump steak, 1 mutton kidney, 2 oz. butter, 2 hard-boiled eggs, ½ pint stock, 1 table-spoonful flour, ½ tea-spoonful salt, ¼ tea-spoonful pepper, puff-crust No. 400, made with 1 lb. flour, and other ingredients in proportion, 1 egg.

Method—

Melt the butter, quarter the pigeons, and fry them for 7 or 8 minutes, take them out and drain them. Remove all skin and fat from the steak, cut it into thin strips 3 or 4 inches long and 1 inch wide. Mix the flour, pepper, and salt on a plate, dip each piece of steak in the mixture and roll it up, also dip in the pieces of pigeon. Put some of the steak at the bottom of a pie-dish, then some of the pieces of pigeon, and build the pie up in a dome shape until all the pieces are used. Skin the kidney, cut it into 6 or 7 slices, and lay it in, then lay the hard-boiled eggs, cut in slices, round, and pour in the stock. Cut a thin strip of paste, and lay it round the edge of the dish.

Roll out the cover, place it on top, and ornament the edges neatly. Beat and strain the egg, brush the pie with it, and bake in a good oven for about 2 hours. Lay a buttered paper over the crust as soon as the pie is nicely browned.

Time—2 hours.

Sufficient for 5 or 6 persons.

No. 929.—PIGEONS (Roast).

Ingredients—

2 pigeons, 1 oz. butter, seasoning pepper and salt, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy, $\frac{1}{4}$ pint bread-sauce.

Method—

Flour the birds, and put a piece of butter and a seasoning of pepper and salt into each. Roast them in front of a clear fire or in a good oven, basting them continually with plenty of clarified dripping. Serve them on toast with a little gravy poured round, and send gravy and bread-sauce to table with them.

Time—20 to 30 minutes.

Sufficient for 2 persons.

No. 930.—PIGEONS (Stewed).

Ingredients—

3 pigeons, 1 rasher bacon, 1 oz. butter, 1 table-spoonful flour, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, 1 pint stock.

Method—

Have the pigeons trussed for boiling. Cut the bacon into dice, melt the butter, put in the bacon and fry it for 4 or 5 minutes, then lay in the pigeons, and fry them for 7 or 8 minutes, then lift them out and dredge the flour in gradually, stirring all the time, and cook for 4 or 5 minutes until a smooth brown thickening is formed; then add the stock a little at a time, letting the sauce boil up as each portion is added;

put back the birds, add the peppercorns and salt, and simmer all gently for an hour. Dish the pigeons on a very hot dish, cover them and keep them hot, boil the sauce quickly for 3 or 4 minutes to reduce it a little, strain it over the birds, and serve immediately.

Time—Altogether, about $1\frac{1}{4}$ hours.

Sufficient for 3 persons.

No. 931.—PIKE (Baked).

Ingredients—

1 pike, weighing 3 or 4 lbs., forcemeat No. 535, $\frac{1}{4}$ lb. butter, 1 egg, 1 oz. breadcrumbs, $\frac{1}{2}$ pint anchovy sauce No. 23, or $\frac{1}{2}$ pint melted butter No. 227.

Method—

Fill the pike with the forcemeat, bind it up securely with tape, lay it in a baking-dish, beat and strain the egg, brush the pike over with it, and sprinkle on the breadcrumbs. Dot the butter in small pieces over the fish. Bake the fish in a good oven, basting it constantly. Serve on a very hot dish. Send anchovy sauce or melted butter to table with it.

Time—About 1 hour.

Sufficient for 5 or 6 persons.

No. 932.—PIKE (Stewed in Wine).

Ingredients—

1 pike, weighing 3 or 4 lbs., forcemeat, No. 535, 1 pint of claret, 1 oz. butter, 1 dessert-spoonful flour, pepper and salt.

Method—

Fill the pike with the forcemeat, and tie it up securely. Melt the butter, dredge in the flour, pepper, and salt gradually, stirring all the time, and cook for 3 or 4 minutes, until a smooth brown thickening is

produced, then add the wine a little at a time, and lay in the pike, stew gently for 40 minutes to an hour, according to the size of the fish. Serve on a very hot dish with the sauce poured over.

Time—About 1 hour.

Sufficient for 5 or 6 persons.

No. 933.—PILAU.

Ingredients—

$\frac{1}{4}$ lb. rice, 1 fowl, 1 quart of stock, 2 oz. butter, 1 onion, 4 rashers of bacon, 2 hard-boiled eggs, 20 cardamum seeds, $\frac{1}{4}$ tea-spoonful coriander seeds, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt.

Method—

Have the fowl trussed for boiling, put it in a saucepan, cover it with stock, add the spices pounded and tied up in muslin, and the salt, and simmer gently for $\frac{3}{4}$ -hour until it is tender. Melt the butter in another saucepan, put in the rice, and keep it stirred over a gentle fire until it is very lightly browned; then drain it from the butter, and add it to the fowl and stock, taking out the spices, stew these together for $\frac{1}{2}$ an hour, then slice the onions, and fry them in the butter used for the rice. Divide each rasher of bacon in half, roll it up and toast it crisply, and cut the hard-boiled eggs in quarters. Lift the fowl on to a very hot dish, cover it with the rice, garnish with the curled bacon, slices of onion, and quarters of hard-boiled eggs placed alternately, and serve immediately. The rice should absorb almost all of the stock, and the fowl be stewed until so tender as almost to fall off the bones. The seeds are obtainable at the chemist's.

Time—About $1\frac{1}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 934.—PINE-APPLE FRITTERS.

Ingredients—

Half a fresh or preserved pine-apple, frying batter No. 123, boiling lard.

Method—

Peel the pine-apple thickly, cut it into half-inch slices and halve them. Have ready a saucepan of boiling lard with the frying-basket in it, dip each piece of pine-apple in the batter, and fry them for 7 or 8 minutes. Drain very carefully on kitchen paper, and serve, piled in a hot dish, on a very white serviette, with plenty of sifted sugar.

Time—7 or 8 minutes.

Sufficient for 4 or 5 persons.

No. 935.—PINE-APPLE JELLY.

Ingredients—

1 quart clear wine jelly No. 243, or No. 670, 2 or 3 slices of pine-apple.

Method—

Peel the pine-apple, and cut it into small cubes $1\frac{1}{2}$ inches long and $\frac{1}{2}$ an inch thick. Well wet a jelly mould, drain it, and pour in a little liquid jelly. Let it set. Then put in 3 or 4 pieces of pine-apple and a very little more jelly, just sufficient to form a setting for the fruit. Let that set. When it is firm, add jelly to the depth of an inch, and 3 or 4 more pieces of fruit. Let that set. Continue in this way until all is used, remembering that the fruit will float to the top of the jelly unless each layer is set before any more is put in. Do not put the fruit too close, or the jelly will appear dull and heavy. Set in a cool place to become firm. In warm weather it is almost imperative to keep the mould on ice, or the jelly will not set.

Sufficient for 1 quart mould.

No. 936.—PINE-APPLE SAUCE.

Ingredients—

$\frac{1}{2}$ lb. preserved pine-apple, $\frac{1}{4}$ pint of water, 1 oz. sugar, 1 tea-spoonful brandy, 1 tea-spoonful lemon juice, 1 small tea-spoonful arrowroot.

Method—

Cut the pine-apple into dice, and put it in a lined saucepan with the sugar and water, and let it simmer gently for 10 minutes. Mix the arrow-root smoothly with the brandy and lemon juice, add them to the pine-apple, and boil the sauce gently for 3 or 4 minutes, stirring constantly, until it thickens slightly and looks bright and transparent. Strain it through a sieve, pressing the pieces of pine-apple lightly to extract their juice, and serve.

*Time—*About $\frac{1}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 937.—PINE-APPLE SPONGE.*Ingredients—*

$\frac{3}{4}$ lb. preserved pine-apple, $\frac{1}{4}$ pint syrup from the tin, $\frac{3}{4}$ pint water, $\frac{1}{2}$ oz. isinglass, 1 dessert-spoonful lemon juice, 4 lumps of sugar, whites of 2 eggs.

Method—

Cut the pine-apple into dice, put it in a lined saucepan with the syrup, water, isinglass, lemon juice, and sugar, and let them simmer gently for $\frac{1}{4}$ hour. Strain all through a fine sieve, pressing the pine-apple strongly to extract as much of its juice as possible. Set aside in a cool place. When the jelly is cool and just beginning to set, whisk the whites of the eggs to as firm a froth as possible, add the half-liquid jelly, a spoonful at a time, and continue beating until the whole becomes of the consistency of a sponge. Pour the mixture into a well-wetted mould, and set it aside to become firm. This should be made some hours before it is required for use. In summer, the beating should be done over ice.

Time— $\frac{1}{4}$ hour to make jelly.

20 minutes to beat sponge.

Sufficient for $1\frac{1}{2}$ pint mould.

No. 938.—PIPPINS (to Stew).*Ingredients—*

1 lb. pippins, 1 quart water, 5 oz. sugar.

Method—

Soak the pippins for 3 or 4 hours in a quart of water, take them out, and boil the water and sugar together for 5 minutes. Put in the pippins, and let them simmer very gently for $2\frac{1}{2}$ to 3 hours until they are quite tender. Lift out the pippins and arrange them in a silver or glass dish. Boil the syrup quickly for 7 or 8 minutes to reduce it, let it cool a little, strain it over the fruit, and set it aside to become cold.

Time— $2\frac{1}{2}$ to 3 hours to stew pippins ; 7 or 8 minutes to reduce syrup.

Sufficient for 3 or 4 persons.

No. 939.—PLAICE (Fried).*Ingredients—*

2 plaice, 1 egg, breadcrumbs, fat for frying, $\frac{1}{4}$ pint melted butter or anchovy sauce.

Method—

Fillet the plaice, making each one into 4 nice fillets, dip them into egg, and cover them neatly with breadcrumbs, arrange them in a frying-basket, plunge it in boiling fat, and fry the fillets a golden brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with parsley and cut lemon.

Send melted butter or anchovy sauce to table.

*Time—*6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 940.—PLAICE (Marinated).*Ingredients—*

2 plaice, marinade No. 780, 1 egg, breadcrumbs, fat for frying, $\frac{1}{4}$ pint melted butter.

Method—

Fillet the plaice, and lay the fillets in the marinade for 3 or 4 hours. Take them out, drain them, and egg and breadcrumb them carefully. Arrange them in a frying-basket, plunge them into a saucepan of boiling fat, and fry them a golden brown. Turn them on to kitchen paper to drain, and serve them on a hot napkin, garnished with parsley and cut lemon.

Send melted butter to table with them.

*Time—*6 or 7 minutes.

Sufficient for 3 or 4 persons.

No. 941.—PLOVERS (Roast).

Ingredients—

1 brace plovers, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy No. 612.

Method—

Put the plovers on toast in the dripping-pan, and roast them in a good oven, basting them continually with plenty of clarified dripping. Take them up, remove skewers and trussing strings, spread the trail over the toast, replace the plovers on it, in a very hot dish, pour a little of the brown gravy round, and send the rest to table in a tureen.

*Time—*12 to 15 minutes.

Sufficient for 2 persons.

No. 942.—PLUM CAKE (Plain).

Ingredients—

$1\frac{1}{4}$ lbs. flour, $\frac{1}{2}$ lb. raisins, 6 oz. butter or good beef dripping, 6 oz. sugar, a pinch of salt, 1 tea-spoonful baking-powder, $\frac{1}{2}$ pint milk.

Method—

Mix the flour, salt and baking powder together. Stone and divide the raisins. Rub the butter or dripping into the flour, add the raisins and sugar, and moisten the mixture with the

milk, beating it well with a wooden spoon. Beat the cake for five minutes, then put it into a well-buttered cake tin, and bake it in a moderate oven, covering the top with a buttered paper when half done.

Time— $1\frac{1}{2}$ hours.

Sufficient for 1 moderate-sized cake.

No. 943.—PLUM CAKE (Good).

Ingredients—

1 lb. flour, a pinch of salt, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, 2 oz. mixed candied peel, $\frac{1}{4}$ pint milk, 2 eggs, 1 table-spoonful brandy.

Method—

Mix the flour and salt together, and rub in the butter. Stone and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces, mix these with the flour, and add the sugar. Beat and strain the eggs, add the milk and brandy, and moisten the cake with these. Beat the cake for a few minutes, then put it into a well-buttered cake tin, and bake it in a good oven for about $1\frac{3}{4}$ to 2 hours, covering the top with a buttered paper when half done.

Time $1\frac{3}{4}$ to 2 hours.

Sufficient for 1 moderate-sized cake.

No. 944.—PLUMS (Compôte of).

Ingredients—

$1\frac{1}{2}$ lbs. plums, 4 oz. sugar, $\frac{1}{4}$ pint water.

Method—

Boil the sugar and water together for 10 minutes. Put in the plums, and let them simmer very gently until quite tender. Take them out, and lay them in a glass or silver dish. Boil up the syrup quickly for 4 or 5 minutes, let it cool a little, then pour it over the plums, and set them aside until quite cold.

*Time—*Altogether, 30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 945.—PLUM JAM.

Ingredients—

12 lbs. plums, 6 lbs. sugar.

Method—

Divide and stone the plums, and boil them for $\frac{3}{4}$ hour, stirring them occasionally that they may not burn to the bottom of the pan, then add the sugar, and boil the jam for 20 or 30 minutes, stirring constantly and removing all scum. Try a little of the jam on a plate, and as soon as it sets, pour it into jars, cover with brandy papers, and tie down while hot.

*Time—*Altogether, about $1\frac{1}{4}$ hours.

Sufficient for 14 lbs. jam.

No. 946.—PLUM PUDDING (Baked).

Ingredients—

$\frac{3}{4}$ lb. flour, 6 oz. suet, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. currants, 2 oz. candied peel, 2 eggs, 6 table-spoonfuls milk.

Method—

Finely chop the suet, stone and halve the raisins, wash and pick the currants, and cut up the candied peel finely. Rub the suet into the flour, add the sugar, raisins, currants, and candied peel, and mix all well. Beat and strain the eggs, add to them the milk, moisten the mixture with this, and stir very thoroughly. Well butter a tin, put in the pudding, cover the top with a buttered paper, and bake in a moderate oven. Turn it out carefully, sprinkle a little sifted sugar over, and serve with wine sauce and sifted sugar handed round.

Time— $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 947.—PLUM PUDDING (Baked very Good).

Ingredients—

$\frac{1}{2}$ lb. flour,, a pinch of salt $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. sugar,

2 oz. mixed candied peel, 3 eggs, $\frac{1}{4}$ pint milk, 1 table-spoonful brandy.

Method—

Chop the suet very finely, stone, and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces. Mix these thoroughly with the flour and sugar, and add a pinch of salt. Beat and strain the eggs, add the milk and brandy, moisten the pudding with these, beat well for a few minutes, turn into a well-buttered pie-dish, and bake for 2 hours in a good oven. Turn the pudding on to a hot dish, sift plenty of sugar on it, and serve.

*Time—*2 hours.

Sufficient for 5 or 6 persons.

No. 948.—PLUM PUDDING (Boiled).

Ingredients—

$\frac{3}{4}$ lb. flour, 6 oz. suet, 6 oz. raisins, 6 oz. currants, 2 oz. mixed candied peel, 2 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Chop the suet very finely, stone and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces, mix these with the flour and sugar, and moisten them with the milk. Beat the pudding well for a few minutes, then put it in a well-buttered basin, tie it up securely, plunge it into plenty of boiling water, and boil for $4\frac{1}{2}$ hours. Let the pudding stand a minute or two, then turn it on to a hot dish, sift sugar on it, and serve.

Time— $4\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 949.—PLUM PUDDING (Boiled, very Good).

Ingredients—

$\frac{3}{4}$ lb. flour, 6 oz. suet, $\frac{3}{4}$ lb. raisins, $\frac{3}{4}$ lb. currants, $\frac{1}{4}$ lb. mixed candied peel, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. breadcrumbs, 5 eggs, 1 table-spoonful brandy.

Method—

Chop the suet very finely, stone and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces, add these to the flour, breadcrumbs, and sugar, and mix well. Beat and strain the eggs, add the brandy, and moisten the pudding with these, beat well for a few minutes, then put the pudding in a well-buttered basin, tie it up securely, plunge it in plenty of boiling water, and boil $4\frac{1}{2}$ hours. Turn it out of the basin, sift sugar on, and serve. Send pounded sugar and wine sauce to table with it.

Time— $4\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 950. — PLUM PUDDING
(Christmas).

Ingredients—

2 lbs. raisins, 2 lbs. currants, 1 lb. mixed candied peel, 2 lbs. suet, 1 lb. flour, 1 lb. breadcrumbs, 2 lbs. moist sugar, $\frac{1}{4}$ lb. ground sweet almonds, 1 tea-spoonful salt, $\frac{1}{2}$ tea-spoonful mixed spice, 16 eggs, $\frac{1}{2}$ pint brandy.

Method—

Stone the raisins, and cut them in half; wash, pick, and dry the currants; shred the candied peel, and chop the suet finely (refined suet will be found to save much time and trouble). Put the flour and salt into a large earthenware pan, and rub in the suet very thoroughly and carefully. Add the breadcrumbs, raisins, currants, candied peel, sugar, almonds, and spice, and mix them well together. Beat and strain the eggs, add the brandy to them, and stir this into the dry ingredients. Beat the pudding well with a large wooden spoon for 30 minutes. Butter some pudding moulds or basins, nearly fill them with the mixture, place a buttered paper over the top, and tie each basin down securely in a floured

cloth, plunge them into plenty of boiling water, and take care not to let them go off the boil until cooked.

The puddings will keep a long time in a cool, dry place. To heat them, put the pudding into a saucepan of boiling water, and boil for at least 1 hour.

*Time—*To cook puddings, 6 hours.

To heat puddings, 1 to 2 hours.

Sufficient for 5 or 6 puddings of moderate size.

No. 951. — PLUM PUDDING (Christmas, another Recipe).

Ingredients—

2 lbs. raisins, 2 lbs. currants, $\frac{1}{2}$ lb. mixed candied peel, 2 lbs. moist sugar, $1\frac{1}{2}$ lbs. finely-chopped suet, 1 lb. flour, 1 lb. breadcrumbs, $\frac{1}{4}$ lb. crushed almonds, $\frac{1}{2}$ oz. mixed spice, 2 tea-spoonfuls ground ginger, 1 small nutmeg grated, $\frac{1}{2}$ tea-spoonful salt, grated rind of $\frac{1}{2}$ lemon, 12 eggs, $\frac{1}{2}$ pint brandy or rum, $\frac{1}{2}$ pint milk.

Method—

Rub the suet into the flour; stone and halve the raisins; wash, pick, and dry the currants; shred the candied peel; and add these with the breadcrumbs and all the dry ingredients to the flour and suet, and mix all thoroughly. Beat and strain the eggs, add to them the milk and brandy or rum, stir these into the pudding, and continue beating with a large wooden spoon for $\frac{1}{2}$ an hour. Butter some pudding moulds or basins, nearly fill them with the mixture, place a buttered paper over the top, and tie each down securely in a floured cloth. Plunge the puddings into plenty of boiling water, and be very careful that they do not go off the boil until cooked.

Put the puddings in a cool, dry place, and they will keep for several months. To make them hot plunge

the pudding into boiling water, and boil for at least 1 hour.

Time—To cook, 6 hours.

To heat puddings, 1 to 2 hours.

Sufficient for 5 or 6 puddings of moderate size.

No. 952.—PLUM PUDDING (Fresh).

Ingredients—

1½ lbs. good cooking plums, ¼ lb. moist sugar crust, No. 396, or No. 404, made with ¾ lb. flour, and other ingredients in proportion.

Method—

Roll the paste out thinly, and line the basin with it, fill the basin with fruit mixed with the sugar, and fit in the cover of paste, neatly pinching the edges together. Tie down the pudding in a floured cloth, plunge it into boiling water, and be careful that the water does not go off the boil until the pudding is cooked. Turn it out carefully on to a hot dish, and serve sifted sugar and cream with it.

Time—With butter crust, 2½ hours.

With suet crust, 3½ hours.

Sufficient for 5 or 6 persons

No. 953.—PLUM PUDDING (Vegetable).

Ingredients—

½ lb. mashed potatoes No. 975, ¼ lb. mashed carrots, ½ lb. flour, ½ lb. raisins, ½ lb. currants, ¼ lb. suet, 2 oz. candied peel, a pinch of mixed spice, a pinch of salt, 1 egg

Method—

Chop the suet very finely, stone and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces. Mix the potatoes and carrots well together with a wooden spoon, add all the other dry ingredients, and mix them well together. Beat and

strain the egg, and beat it into the pudding; the moisture of the vegetables renders very little liquor sufficient. Beat the pudding for a few minutes, then turn it into a well-buttered basin, tie it up securely, plunge into plenty of boiling water, and boil for 4 hours. Turn it out of the basin carefully, sift sugar on it, and serve. No sugar is required in the pudding.

Time—4 hours.

Sufficient for 5 or 6 persons.

No. 954.—PLUM TART.

Ingredients—

1½ lbs. cooking plums, 6 oz. moist sugar, short crust No. 403, made with 8 oz. flour, and other ingredients in proportion.

Method—

Wash the plums, and fill the pie-dish with them, strewing the sugar over and among the fruit. Roll out the paste thinly, cut a strip 1-inch broad, and lay it round the edge of the dish. Roll out the cover, put it on, and ornament the edges neatly. Bake the tart in a good oven, covering the top with a buttered paper, if it seems inclined to burn or take too deep a colour.

Time—35 to 40 minutes.

Sufficient for 5 or 6 persons.

No. 955.—PORK CHEESE.

Ingredients—

1 lb. lean pork, 1 lb. of the inside fat, 1 tea-spoonful salt, ½ tea-spoonful pepper, 1 tea-spoonful minced parsley, ½ tea-spoonful minced sage, ½ tea-spoonful minced thyme.

Method—

Mince the meat and fat very finely, add the seasoning, and mix all very thoroughly. Press the mixture into a cake-tin, and bake in a moderate oven.

Turn it out when cold, and serve, garnished with fresh parsley.

Time— $1\frac{1}{4}$ hours.

Sufficient for 1 pork cheese of moderate size.

No. 956.—PORK CHOPS (Broiled).

Ingredients—

5 or 6 chops.

Method—

Have the chops cut rather thin, trim them of a neat shape, removing most of the fat. Heat the gridiron, rub the bars with a little piece of suet, and broil the chops for 15 to 20 minutes, turning them when half-done. They must be thoroughly cooked. Serve them on a very hot dish.

Time—15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 957.—PORK CHOPS (Fried).

Ingredients—

5 or 6 loin chops, 1 egg, bread-crumbs, boiling fat.

Method—

Trim the chops neatly, and remove most of the fat. Beat and strain the egg, brush it over the chops, and cover them with breadcrumbs; arrange the chops in a frying-basket, plunge it in the boiling fat, and fry them from 10 to 15 minutes. Drain well on kitchen paper, and serve on a very hot dish.

Time—10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 958.—PORK, GRISKIN OF (Roast).

Ingredients—

5 lbs. griskin of pork, $\frac{1}{4}$ tea-spoonful powdered sage, $\frac{1}{4}$ pint gravy, $\frac{1}{2}$ pint apple sauce.

Method—

Brush the joint over with a little salad oil, and roast it in front of a clear fire, or in a good oven, basting it continually. 10 minutes before serving sprinkle over it the powdered sage. Place the meat on a very hot dish, have ready the gravy, boiling hot, pour it round, and serve.

Send apple sauce to table with this dish.

Time— $1\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 959.—PORK, LEG OF (Boiled).

Ingredients—

6 or 7 lbs. leg of pork, pease pudding No. 910.

Method—

Choose a small, plump leg. If it is not already pickled, it must be rubbed well with salt and left for a week, being turned and rubbed each day. Soak the leg in cold water for 1 hour before cooking, put it in a large pan with sufficient cold water to cover it, let it come gradually to the boil, and remove the scum as it rises. Simmer it *very gently* until tender. Dish it on a very hot dish, with a little of the liquor poured round, and send pease pudding to table with it.

Time—3 hours.

Sufficient for 6 or 7 persons.

No. 960.—PORK, LEG OF (Roast).

Ingredients—

6 or 7 lbs. leg of pork, sage and onion stuffing, $\frac{1}{4}$ pint brown gravy, $\frac{1}{2}$ pint apple sauce.

Method—

Slit the skin across in strips about $\frac{1}{2}$ inch apart, brush the joint over with salad oil, make a cut in the knuckle, loosen the skin, and fill it with sage and

onion stuffing. Roast the joint slowly in front of a clear fire or in a good oven, basting it continually. Place it on a very hot dish, have ready some clear gravy, boiling hot, pour it round, and serve immediately.

Send apple sauce to table with it.

Time—2½ hours.

Sufficient for 5 or 6 persons.

No. 961.—PORK, LOIN OF (Roast).

Ingredients—

4 or 5 lbs. loin of pork, ¼ pint brown gravy, ½ pint apple sauce.

Method—

Slit the skin across in strips about ½ inch apart, and roast the joint slowly in front of a clear fire or in a good oven, basting it continually with its own fat. Let it be very thoroughly cooked, take it up, place it on a hot dish, have ready some clear gravy, boiling hot, pour it round the meat, and serve immediately.

Send apple sauce to table with it.

Time—2 hours.

Sufficient for 5 or 6 persons.

No. 962.—PORK PIE (Raised).

Ingredients—

Crust for raised pies No. 395, made with 1 lb. flour, and other ingredients in proportion, 3 lbs. neck or loin of pork, ¼ tea-spoonful ground black pepper, ½ tea-spoonful salt.

Method—

Roll out the paste to the thickness of ½ an inch, and line a raised pie-mould with it. Remove the meat from the bones, cut it into inch squares, and pack the mould with it, sprinkling the pepper and salt between each layer; roll out the cover, put it on, ornament the edges, and decorate with leaves or other devices, and put it into a moderate oven. Whilst the pie is

baking, put on the bones with sufficient cold water to cover them, and ½ tea-spoonful of salt, and stew them for 2 hours, then strain off the stock and boil it quickly until reduced to a little less than ½ pint. When the pie is cooked, make a little hole in the top, and pour in the stock through a funnel. Set the pie aside in a cool place, and serve quite cold, garnished with fresh parsley.

Time—3½ to 4 hours.

Sufficient for 5 or 6 persons.

No. 963.—PORRIDGE.

Ingredients—

¼ lb. coarse oatmeal, 1 pint boiling water, ¼ pint cold water, ¼ tea-spoonful salt.

Method—

Mix the oatmeal and salt smoothly with the cold water, using a wooden spoon, add the boiling water gradually, stirring carefully that there may be no lumps. Boil the porridge gently for ½ an hour, stirring often that it may not burn to the saucepan. Turn it into a heated silver entrée dish, and serve new milk and brown sugar with it.

Time—½ hour.

Sufficient for 2 or 3 persons.

No. 964.—POTATOES (Baked).

Ingredients—

2 lbs. potatoes.

Method—

Choose large potatoes of equal size. Scrub them very clean, rinse them, and wipe them dry on a clean cloth. Put them into a gentle oven and bake them, carefully turning them several times. Serve them on a folded napkin in a vegetable dish.

Butter should be handed with them, and a small plate placed by the side of each person.

Time—2 to 2½ hours, according to size.

Sufficient for 3 or 4 persons.

No. 965.—POTATOES (To Boil).

Ingredients—

1 lb. potatoes, 1 quart water, $\frac{1}{2}$ table-spoonful salt.

Method—

Choose potatoes as much the same size as possible. Peel them, and take out all eyes and specks. Put them in a saucepan with sufficient cold water to cover them, add the salt, and let them boil gently until cooked. Try them with a fork, and when they feel soft throughout take them up and drain away all the water. Leave them in the hot saucepan for 2 or 3 minutes to dry, and serve them on a hot dish.

*Time—*20 to 30 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 966.—POTATOES (To Boil in their Jackets).

Ingredients—

1 lb. potatoes, 1 quart water, $\frac{1}{2}$ table-spoonful salt.

Method—

Choose potatoes as much as possible the same size. Scrub them perfectly clean, rinse them, and put them into a saucepan with sufficient cold water to cover them, add the salt, and let them boil gently until cooked. Try them with a fork, and as soon as they feel soft throughout, pour off the water, and leave the potatoes until dry in the hot saucepan. Turn them on to a folded napkin in a vegetable dish, and serve very quickly.

A small plate should be placed by the side of each person to receive the skins.

*Time—*25 to 35 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 967.—POTATOES, NEW (To Boil).

Ingredients—

1 lb. new potatoes, 1 quart water, $\frac{1}{2}$ table-spoonful salt, $\frac{1}{2}$ oz. butter, a sprig of mint.

Method—

Well wash the potatoes, and put them into boiling water, salted. Bring again to the boil, add the mint, and boil gently until tender. Pour off the water, turn the potatoes into a clean hot cloth, and peel them quickly. Put them back in the saucepan with the butter, and shake them round until it is melted, then turn them into a very hot dish, and serve.

*Time—*18 to 25 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 968.—POTATO BOULETTES.

Ingredients—

$\frac{1}{2}$ lb potatoes plainly mashed, 1 oz. butter, 2 eggs, seasoning pepper and salt.

Method—

Mix the potatoes with the butter and strained yolks of the eggs, and season them with pepper and salt. Whisk the whites to as stiff a froth as possible, add them to the potatoes, and mix quickly and thoroughly. Have ready a saucepan of boiling fat, with the frying-basket in it. Drop the potatoes, a teaspoonful at a time, into it; they will swell to double their size. Fry them a light golden colour, drain them very carefully, and serve.

*Time—*5 minutes.

Sufficient for 4 or 5 persons.

No. 969.—POTATOES, CHIP.

Ingredients—

$\frac{1}{2}$ lb. potatoes, boiling fat.

Method—

Wash and peel the potatoes, dry them in a clean, floured cloth, and cut them

into slices, $\frac{1}{4}$ -inch thick, and cut these across into strips $\frac{1}{4}$ -inch broad. Have ready a saucepan of boiling fat, with the frying-basket in it. Throw in the potatoes, and fry them a golden brown. Take up the basket, let it drain a moment, and turn the potatoes on to kitchen paper to absorb any remaining grease. Serve very hot.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 970.—POTATOES (à la Duchesse).

Ingredients—

$\frac{1}{2}$ lb. potatoes (plainly mashed), the yolks of 2 eggs, 1 tea-spoonful grated Parmesan, seasoning salt and cayenne, 1 dessert-spoonful chopped parsley.

Method—

Mix the potatoes with the cheese, chopped parsley, salt, and cayenne. Beat and strain the yolks of eggs, add them, mix well, and form the mixture into small rolls. Put them on to a floured tin, and bake in a moderate oven.

Time—15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 971.—POTATOES (Fried).

Ingredients—

$\frac{1}{2}$ lb. potatoes, boiling fat.

Method—

Wash and peel the potatoes, and slice them very thinly, dry them in a floured cloth, and put them into a frying-basket. Have ready a saucepan of boiling fat, plunge in the basket, and fry the potatoes very crisply a light-golden brown, take them up, drain, turn them on to kitchen paper to absorb all the remaining grease, and serve very hot.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 972.—POTATOES (à la Maître d'Hôtel).

Ingredients—

$\frac{1}{2}$ lb. potatoes, 1 oz. butter, 1 small dessert-spoonful flour, $\frac{1}{4}$ pint stock, 1 dessert-spoonful minced parsley, seasoning pepper and salt, juice of $\frac{1}{2}$ a lemon.

Method—

Boil the potatoes by recipe No. 966. When cold, peel them, and cut them into slices $\frac{1}{4}$ -inch thick. Melt the butter in a saucepan, dredge in the flour, and stir until smooth and thick, add the stock by degrees, stirring all the time, put in the parsley, pepper, and salt, and mix well. Put in the potatoes, shake them over a good fire until very hot, and the sauce adheres to them; add the lemon juice, turn them on to a very hot dish, and serve.

Time—Altogether, about 10 minutes, exclusive of boiling potatoes.

Sufficient for 3 or 4 persons.

No. 973.—POTATO MARBLES.

Ingredients—

$\frac{1}{2}$ lb. potatoes plainly mashed, 1 egg, 1 large tea-spoonful finely-minced parsley, seasoning pepper and salt, 1 sprig parsley.

Method—

Mix the potatoes smoothly with the parsley, pepper, and salt. Beat and strain the egg, add it to the potatoes, mix well, and make into little balls the size of a cherry, lay a tiny sprig of parsley on each, arrange the balls on a floured tin, and bake until very lightly browned.

Time—10 minutes.

Sufficient for 5 or 6 persons.

No. 974.—POTATOES (Mashed).

Ingredients—

1 $\frac{1}{2}$ lbs. potatoes, 1 oz. butter, 3 table-spoonfuls milk, seasoning pepper and salt.

Method—

Wash and peel the potatoes, halve them, and if very large, quarter them. Put them into a saucepan, cover them with cold water (salted), and boil them until quite tender. Then mash them very thoroughly with a fork, taking care that no lumps are left. Add the milk, butter, and a slight seasoning of pepper and salt, and stir all over the fire until thoroughly hot. Then turn them into a very hot dish, form them neatly into a cone shape, and serve very hot.

Time— To boil the potatoes, 25 minutes.

To stir them, when mashed, 2 or 3 minutes.

Sufficient for 3 or 4 persons.

No. 975.—POTATOES (Mashed, Plain).

Ingredients—

1½ lbs. potatoes, 1 quart water, 1 table-spoonful salt.

Method—

Wash the potatoes, and boil them until quite tender. Skin them, return them to the saucepan, and mash them quickly with a fork until quite smooth, taking care that no lumps remain. Serve at once.

Time— To boil potatoes, 25 to 35 minutes.

Sufficient for 4 or 5 persons.

No. 976.—POTATO PASTY.

Ingredients—

2 lbs. best end neck of mutton, 2 lbs. mashed potatoes No. 974, ½ pint stock, seasoning pepper and salt.

Method—

Divide the neck into neat chops, and remove most of the fat, arrange them in the bottom of the pasty-dish, lightly sprinkle them with pepper and salt, and pour in the stock. Put the per-

forated plate over the meat, and arrange on it the mashed potatoes in a smooth, thick layer. Bake in a moderate oven for about 1 hour, pin a very white serviette round the pasty-dish, which stand on a hot dish, and serve.

Time— About 1 hour.

Sufficient for 4 or 5 persons.

No. 977.—POTATO PUDDING.

Ingredients—

1 lb. mashed potatoes No. 975, 2 oz. butter, ¼ lb. sugar, 2 eggs, ¼ pint milk, grated rind of ½ a lemon.

Method—

Mix the potatoes well with the butter, sugar, and grated lemon rind, beat and strain the eggs, add the milk, and moisten the pudding with these, beat well for a few minutes, then turn into a well-buttered pie-dish, and bake for ¾ of an hour. Sift sugar on it, and serve.

Time— ¾ hour.

Sufficient for 4 or 5 persons.

No. 978.—POTATO PUDDING (Very Good).

Ingredients—

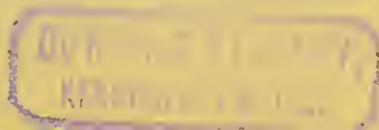
¾ lb. mashed potatoes No. 975, 3 oz. butter, 3 oz. sugar, 3 oz. raisins, 3 oz. currants, 2 oz. mixed candied peel, 3 eggs, 1 table-spoonful brandy.

Method—

Stone and divide the raisins, wash and pick the currants, and cut the candied peel into small pieces. Mix these well with the potatoes, butter, and sugar. Beat and strain the eggs, add the brandy, and moisten the pudding with these, beat it well for a few minutes, then turn it into a well-buttered pie-dish, and bake ¾ of an hour.

Time— ¾ hour.

Sufficient for 4 or 5 persons.



No. 979.—POTATOES (à la Reine).*Ingredients—*

$\frac{1}{2}$ lb. plainly-mashed potatoes, the yolks of 3 eggs, 1 oz. butter, seasoning pepper and salt.

Method—

Mix the potatoes smoothly with the butter, pepper, and salt, add the beaten and strained yolks of 2 eggs, and make the mixture into small rolls. Place them on a floured baking-tin, brush each well with the beaten yolk of the remaining egg, and bake in a good oven.

Time—About 15 minutes.

Sufficient for 3 or 4 persons.

No. 980.—POTATO RIBBONS.*Ingredients—*

$\frac{1}{2}$ lb. potatoes, boiling fat for frying.

Method—

Wash and peel the potatoes, then cut them thinly round and round in long ribbons, $\frac{1}{2}$ an inch wide. Drop them into a frying-basket, and fry them in a saucepan of boiling fat until a light golden brown. Drain them very thoroughly on kitchen paper, and serve very hot.

Time—To fry, 5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 981.—POTATO RISSOLES.*Ingredients—*

$\frac{1}{2}$ lb. potatoes, plainly mashed, 1 tea-spoonful finely-minced onion, 1 dessert-spoonful minced parsley, yolks of 2 eggs, seasoning pepper and salt, boiling fat for frying.

Method—

Mix the potatoes smoothly with the onion and parsley. Beat and strain the eggs, add them, season with pepper and salt, mix very thoroughly, and form

the mixture into small balls. Arrange them in a frying-basket, plunge it into boiling fat, and fry the rissoles a golden brown. Turn them on to kitchen paper to drain, and serve very hot.

Time—To fry, 6 to 8 minutes.

Sufficient for 4 or 5 persons.

No. 982.—POTATO SALAD.*Ingredients—*

1 lb. potatoes, 2 table-spoonfuls oil, 1 dessert-spoonful vinegar, seasoning pepper and salt.

Method—

Boil the potatoes by recipe No. 966, peel them, and set them aside until quite cold. Slice them into a glass dish or salad bowl, mix the pepper and salt smoothly with the vinegar and oil, pour this over the potatoes, and serve.

New potatoes are excellent served this way.

Sufficient for 4 or 5 persons.

No. 983.—POTATO SNOW.*Ingredients—*

1 lb. potatoes, 1 quart water, $\frac{1}{2}$ table-spoonful salt.

Method—

Wash and peel the potatoes, removing any eyes or speck, put them on in cold water, and boil them until quite tender. Then rub them through a coarse sieve as quickly as possible into a vegetable dish, and serve.

Time—To boil, 20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 984.—POTATO SOUP.*Ingredients—*

1 lb. mashed potatoes, 1 quart stock, seasoning pepper and salt.

Method—

Put the potatoes in a lined saucepan, add the stock, which must be boiling, by degrees, stirring all the time. Let the soup boil gently for 5 or 6 minutes, until it is smooth and thick, season it with pepper and salt, and serve immediately.

Time— $\frac{1}{2}$ an hour to boil potatoes.
5 or 6 minutes to finish soup.

Sufficient for 3 or 4 persons.

No. 985.—POTATO SOUP (Without Meat).

Ingredients—

1 lb. mashed potatoes, 1 quart milk, 1 oz. butter, seasoning pepper and salt.

Method—

Put the potatoes in a lined saucepan, add the boiling milk by degrees, stirring all the time, let the soup boil gently for 5 or 6 minutes until it is smooth and thick, season it with pepper and salt, add the butter off the fire, stir until melted, and serve very hot.

Time— $\frac{1}{2}$ an hour to boil potatoes.
5 or 6 minutes to finish the soup.

Sufficient for 3 or 4 persons.

No. 986.—PRAWNS (To Boil).

Ingredients—

3 dozen live prawns, $\frac{1}{2}$ gallon boiling water, 1 table-spoonful salt.

Method—

Have ready a pan of *fast-boiling* water salted in above proportion. Throw in the prawns, and boil them very quickly for 8 minutes. Take them out, drain them on a soft cloth, and set them aside until quite cold.

*Time—*8 minutes.

Sufficient for 3 or 4 persons.

No. 987.—PRAWNS (To Serve).

Ingredients—

3 dozen prawns, 1 large lemon.

Method—

Cover a small dish neatly with a folded serviette; cut sufficient off one end of a lemon to make it stand firmly. Cover the lemon entirely with the prawns, beginning at the top, and sticking them in by their horns round and round until the base is reached. Garnish with very fresh parsley, and serve.

Sufficient for 3 or 4 persons.

No. 988.—PRAWNS (Curried).

Ingredients—

6 doz. prawns, 1 dessert-spoonful curry powder, $\frac{1}{2}$ pint curry sauce No. 417, 2 oz. rice.

Method—

Head, tail, and shell the prawns, and rub them lightly in the curry powder. Have ready $\frac{1}{2}$ pint of curry sauce, boiling hot, stir in the prawns, and let them heat slowly by the side of the fire. Serve very hot with a border of rice, carefully boiled by recipe No. 1025.

*Time—*To heat prawns in sauce, 15 minutes.

Sufficient for 4 or 5 persons.

No. 989.—PRESERVING (Remarks on).

Fruit used for preserving must be picked on a dry day and very fresh. If the jam cannot be made the day the fruit is brought in, it should at least be stalked and put in a pan with the sugar in layers. It will then keep 24 hours with much less harm than if left untouched.

Jams must always be made in copper preserving-pans, and stirred with a wooden or silver spoon. Tin must

not be used, or it will spoil the colour of any red jam. It is impossible to give the exact time for boiling, the jam must be tried, and not considered done until a little poured on a plate sets. The jam, when potted and tied down, must be kept in a cool, dry place. The different kinds should be used more or less in rotation, so that if any jam shows signs of turning, it would be discovered quickly, and should then be re-boiled and consumed as soon as convenient. If this precaution were more generally taken, large quantities of jam would not be discovered unfit for use.

No. 990.—PRUNES (Compôte of).

Ingredients—

1 lb. prunes, 4 oz. sugar, 1 pint water.

Method—

Soak the prunes in cold water for 6 hours. Put the sugar and water into a lined saucepan, and boil them together for 10 minutes. Put in the prunes, and simmer them gently for 2 hours. Take out the prunes, place them in a silver or glass dish, boil up the syrup quickly for 5 minutes, let it cool a little, then strain it over the prunes, and set them aside until quite cold.

*Time—*To stew, 2 hours.

Sufficient for 5 or 6 persons.

No. 991.—PTARMIGAN (Roast).

Ingredients—

1 brace of ptarmigan, clarified dripping for basting, fried breadcrumbs, $\frac{1}{4}$ pint brown gravy, $\frac{1}{2}$ pint bread sauce.

Method—

Let the ptarmigan be well hung, roast them in front of a clear fire or in a good oven, basting them continually with plenty of clarified dripping. Five

minutes before serving dredge the breasts with flour, and baste them until nicely frothed. Place them on a very hot dish, remove the skewer and trussing strings, and garnish them with fried breadcrumbs. Send brown gravy and bread sauce to table with them.

*Time—*30 to 35 minutes.

Sufficient for 4 or 5 persons.

No. 992.—PUNCH (Remarks on).

All punches are obtained by the mixing of various spirits and liqueurs, with a sherbet of water, sugar, and lemon juice, flavoured with lemon peel.

It is essential to a punch that the mixture should be cooked, but *no* punch should ever be allowed to *boil*. For this reason it is always advisable to make punch in a bain-marie saucepan, so as to avoid the possibility of this happening. But though it is essential that the mixture should be cooked, it is important that the spirits and liqueurs should be left to simmer for as short a period as is necessary, for them to blend thoroughly with the sherbet and to become sufficiently hot. A general principle to be observed in punch-making should therefore be, to cook all the ingredients which go to make up the sherbet first, and only to add the spirits and liqueurs when these are thoroughly blended. Lemon peel is a flavouring used in almost all punches, but it should be used judiciously. It is better not to put shavings of the peel into the mixture, as is often done, because, if left in even for a short time, the flavour is apt to be too pronounced, and even bitter. The best plan is to rub one or two of the pieces of sugar to be used in the punch on the peel of one of the lemons. Quite enough flavour is obtained in this way, and there is no fear of the punch acquiring the bitter taste of over-soaked peel. Spices, if used at all, should be used very sparingly.

No. 993.—PUNCH SAUCE.

Ingredients—

$\frac{1}{4}$ pint water, 1 wine-glass brandy, 1 wine-glass rum, 5 lumps sugar, 2 strips lemon rind, juice of $\frac{1}{2}$ a lemon, 1 small tea-spoonful arrowroot.

Method—

Put the sugar, water, and lemon rind into a lined saucepan, and simmer them for 5 minutes. Take out the rind, mix the arrowroot smoothly with the lemon juice, and simmer again until the sauce is nicely thickened. Add the brandy and rum, mix well, and make very hot, but do not let the sauce *boil* again after they are added.

*Time—*Altogether, 10 minutes.

Sufficient for 4 or 5 persons.

No. 994.—QUAILS (Roast).

Ingredients—

2 quails, 2 slices of toast, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy No. 612.

Method—

Place each bird on a slice of toast, and roast them in a good oven, basting them continually with plenty of clarified dripping. Five minutes before serving dredge the breasts with flour, and baste again until nicely frothed. Spread the trail over the toasts, and serve a bird on each piece. Remove skewers and trussing strings, pour a little of the gravy round, and send the rest to table in a sauce-boat.

*Time—*20 to 25 minutes.

Sufficient for 2 persons.

No. 995.—QUENELLES.

Ingredients—

$\frac{1}{2}$ lb. raw veal, free from fat, skin and bone, panada No. 890, made with

$\frac{1}{4}$ lb. breadcrumbs, and other ingredients in proportion, yolks of 2 eggs, 2 whole eggs, $\frac{1}{4}$ lb. butter, seasoning salt and cayenne, $\frac{1}{2}$ pint stock, $\frac{1}{4}$ pint veal gravy.

Method—

Chop the veal, and pound it finely in the mortar; add the panada and butter little by little with the salt and cayenne; mix in the 2 yolks of eggs; when perfectly mixed, add 2 whole eggs, beaten and strained, and mix all into a smooth paste. Make the mixture into the shape of small eggs, but slightly flatter than eggs; arrange them in one layer in a stewpan; pour in very gently sufficient hot stock to cover them, and simmer gently for 12 to 15 minutes. Take them out, drain them, arrange them in a hot dish, sauce them over with veal gravy, and serve.

*Time—*12 to 15 minutes.

Sufficient for 7 or 8 quenelles

No. 996.—QUINCE MARMALADE.

Ingredients—

6 lbs. quinces, $3\frac{1}{2}$ lbs. sugar, 1 quart water.

Method—

Pick out 2 lbs. of the smallest quinces; pare, core, and quarter them; put them in a pan with the water, and boil them gently for 2 hours. Strain off the juice from them. Pare, core, and quarter the other 4 lbs.; cut out any hard parts at the core; put them on with the juice, and boil them fast for $\frac{3}{4}$ hour, stirring constantly until it is becoming thick; then add the sugar, pounded; boil for another $\frac{1}{2}$ hour; try a little on a plate, and as soon as it sets, pour it into pots, and tie down whilst hot.

*Time—*Altogether, $3\frac{1}{4}$ hours.

Sufficient for 6 or 7 lbs. of marmalade.

No. 997. — QUINCE AND APPLE MARMALADE.*Ingredients—*

6 lbs. quinces, 6 lbs. apples, 2 quarts water, 5 lbs. sugar.

Method—

Pare, core, and quarter the quinces, and boil them with the water for 2 hours. Strain off the juice from them. Pare, core, and slice the apples, and boil them with the juice for 1 hour; then add the sugar, and boil again for $\frac{1}{2}$ hour. Try a little on a plate, and as soon as it sets, pour the jam into pots, and tie down whilst hot.

*Time—*Altogether, $3\frac{1}{2}$ hours.

Sufficient for 12 lbs. marmalade.

No. 998.—RABBIT (Boiled).*Ingredients—*

1 rabbit, 1 quart water, $\frac{1}{2}$ pint onion sauce.

Method—

Choose a young rabbit, and let it be prepared for boiling. Put the rabbit into sufficient hot water to cover it, bring it slowly to the boil, and simmer it gently until cooked, remove the skewer, place the rabbit on a very hot dish, pour over it the onion sauce, and serve immediately.

*Time—*35 to 45 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 999.—RABBIT (Braised).*Ingredients—*

1 rabbit, 1 onion, 1 oz. butter, 1 carrot, 1 turnip, 1 sprig parsley and thyme, 12 peppercorns, seasoning pepper and salt, 1 pint stock, 1 dessert-spoonful flour, 1 table-spoonful mushroom ketchup, 2 or 3 drops browning.

Method—

Melt the butter in a stewpan just large enough to take in the ingredients.

Put in the onion, chopped, and fry it for 3 or 4 minutes, then add the rabbit, and fry again for 3 minutes. Pour in the stock, and bring all slowly to the boil; add the carrot and turnip, peeled and sliced, and the seasonings, and simmer all gently for 1 hour. Strain off $\frac{1}{2}$ pint of the stock into a small saucepan, mix the flour smoothly with the mushroom ketchup, and stir this into the stock until it is nicely thickened, adding 2 or 3 drops of browning, if necessary, to make it a rich brown colour.

Dish the rabbit on a very hot dish, put the vegetables round in little heaps, strain the thickened gravy over, and serve very hot.

*Time—*Altogether, about 1 hour and 5 minutes.

Sufficient for 3 or 4 persons.

No. 1000.—RABBIT (In Brown Sauce).*Ingredients—*

1 rabbit, 4 onions, 2 oz. butter or good dripping, 1 table-spoonful flour, seasoning pepper and salt, a few drops browning, 1 pint stock.

Method—

Melt the butter or dripping, slice the onions, and fry them for 7 or 8 minutes, wash the rabbit, cut it into neat joints, and fry it for a few minutes also. Lift out the pieces of rabbit, dredge in the flour, stirring with a wooden spoon, and cook for 3 or 4 minutes, until a smooth, brown thickening is formed, then add the stock gradually, letting the sauce boil up as each portion is added; put back the pieces of rabbit with a seasoning of pepper and salt, and let it simmer gently for $\frac{1}{2}$ hour. Arrange the rabbit neatly on a hot dish, add a few drops of browning to the sauce should it not look a good colour, pour it over the rabbit, and serve very hot.

*Time—*Altogether, about $\frac{3}{4}$ hour.

Sufficient for 3 or 4 persons.

No. 1001.—RABBIT (Curried).

Ingredients—

1 rabbit, 1 onion, 1 oz. butter or good dripping, 1 dessert-spoonful curry powder, 1 dessert-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, 1 pint stock.

Method—

Melt the butter or dripping in a stewpan, cut the onion into dice, wash the rabbit, cut it into neat joints, and fry it and the onion for 5 or 6 minutes, pour in the stock, add the salt, and simmer the rabbit gently for $\frac{1}{2}$ hour. Strain $\frac{1}{2}$ pint of the stock into a fresh saucepan, mix the curry powder and flour smoothly with a couple of spoonfuls of cold stock or water, add them to the $\frac{1}{2}$ pint of stock, and stir the sauce over the fire for 3 or 4 minutes until it thickens, then put in the pieces of rabbit, and let them heat slowly by the side of the fire for $\frac{1}{4}$ an hour. Serve the curry on a very hot dish with a border of rice (boiled by recipe No. 1025) round.

*Time—*Altogether, about 50 minutes.

Sufficient for 3 or 4 persons.

No. 1002.—RABBIT (Jugged).

Ingredients—

1 rabbit, 2 onions, 1 oz. butter or good dripping, 1 dessert-spoonful flour, $\frac{1}{2}$ tea-spoonful salt, 12 peppercorns, 1 tea-spoonful red currant jelly, $\frac{1}{4}$ pint claret, 1 pint stock, forcemeat balls No. 534.

Method—

Melt the butter or dripping. Wash the rabbit, cut it into small neat joints, and slice the onions, fry them for 6 or 7 minutes, then put the rabbit and onions in a jar, add the claret, stock, peppercorns, and salt, tie the jar down tightly, and bake for 2 hours. Strain off the gravy into a saucepan, mix the flour with a spoonful of cold stock or water, add it to the gravy with the red

currant jelly, and stir them over the fire for 3 or 4 minutes until the gravy thickens; then arrange the pieces of rabbit neatly in a hot dish, pour some of the gravy over them, have ready the forcemeat balls very hot, arrange them round the edge of the dish, and serve immediately.

Send red currant jelly to table with it, and the remainder of the gravy in a sauce-boat.

*Time—*Altogether, $2\frac{1}{4}$ hours.

Sufficient for 3 or 4 persons.

No. 1003.—RABBIT PIE.

Ingredients—

1 large rabbit, 1 oz. butter, forcemeat No. 537, $\frac{1}{2}$ lb. cooked bacon, 2 hard-boiled eggs, seasoning pepper and salt, puff crust No. 400, made with 1 lb. flour, and other ingredients in proportion, 1 egg.

Method—

Wash the rabbit, and cut it into small, neat joints, melt the butter, and fry the pieces of rabbit for 7 or 8 minutes, lift them out and drain them. Cut the bacon into small, neat slices. Make a forcemeat by recipe No. 537, using the liver of the rabbit. Spread a thin layer of forcemeat at the bottom of a pie-dish, then lay in some pieces of rabbit and some of the bacon, add more forcemeat, rabbit, and bacon, building the pie up in a dome shape, and seasoning it with pepper and salt as you go, lay the hard-boiled egg cut in slices round the edge of the dish, and pour in the stock. Cut a thin strip of paste, and lay it round the edge of the dish. Roll out the cover, place it on top, and ornament the edges neatly. Brush the crust with beaten egg, and bake in a good oven for about $1\frac{1}{2}$ hours, protecting the crust with a sheet of buttered paper as soon as it has taken a good colour.

Time— $1\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 1004.—RABBIT (Roast).*Ingredients—*

1 rabbit, forcement No. 541, clarified dripping for basting, $\frac{1}{4}$ pint brown gravy.

Method—

Have the rabbit trussed for roasting, fill it with forcemeat, and tie it up with tapes. Roast it in front of a clear fire or in a good oven, basting it continually with plenty of clarified dripping; 5 minutes before serving dredge it with flour, and baste it again until nicely frothed. Take out the skewers, remove the tapes, and place the rabbit on a very hot dish. Pour the gravy round, and serve with red-currant jelly.

*Time—*30 to 35 minutes.

Sufficient for 3 or 4 persons.

No. 1005.—RABBIT SOUP.*Ingredients—*

1 rabbit, 3 onions, 2 carrots, 1 oz. butter or good dripping, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 oz. fresh breadcrumbs, 3 pints stock or water.

Method—

Melt the butter or dripping, slice the onions, and fry them for 7 or 8 minutes. Wash the rabbit, cut it into joints, and fry them also for a few minutes. Pour in the stock or water, add the peppercorns and salt, and bring all to boiling-point; skim carefully, then add the carrots cut in slices, and boil the soup gently for 3 hours. Lift out the pieces of rabbit, take off the flesh from the back and legs, and pound it to a smooth paste in the mortar, adding the breadcrumbs, which must be soaked in a little of the boiling soup. Strain the soup into a fresh saucepan, add the pounded meat and breadcrumbs, and stir the soup over the fire for 5 or 6 minutes until it is smooth and thick. Serve very hot.

*Time—*Altogether, about $3\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 1006.—RABBIT (In White Sauce).*Ingredients—*

1 rabbit, 3 or 4 onions, 1 oz. butter, 1 table-spoonful flour, seasoning pepper and salt, 1 pint milk.

Method—

Wash the rabbit, cut it into small, neat joints, have ready a saucepan of boiling water, put in the pieces of rabbit, and let them simmer for 5 minutes, lift them out and drain them. Slice the onions, lay them at the bottom of a lined saucepan, arrange the pieces of rabbit on them, add a seasoning of pepper and salt, and pour in the milk. Let them simmer for $\frac{1}{2}$ hour, stirring occasionally. Melt the butter in a small saucepan, dredge in the flour gradually, and stir them over the fire for 5 or 6 minutes, until they form a smooth thickening. Add gradually $\frac{1}{2}$ pint of the milk the rabbit was cooked in, letting the sauce boil up as each portion is added, and stirring all the time; when nearly thickened, put this back into the saucepan with the rabbit and the rest of the milk, and simmer them together for 3 or 4 minutes. Arrange the rabbit neatly in a hot dish, pour over the sauce, and serve immediately.

*Time—*Altogether, about 1 hour.

No. 1007.—RAISIN PUDDING (Baked).*Ingredients—*

$\frac{3}{4}$ lb. flour, 6 oz. suet, $\frac{3}{4}$ lb. raisins, 2 oz. moist sugar, 3 eggs, $\frac{1}{4}$ pint milk, $\frac{1}{2}$ pint wine sauce.

Method—

Chop the suet very finely, and rub it into the flour, stone and halve the raisins, add them and the sugar to the suet and flour, and mix all well. Beat and strain the eggs, add to them the milk, and moisten the pudding with these. Beat it with a wooden spoon

for 4 or 5 minutes, then turn it into a buttered mould, cover the top with a buttered paper, and bake in a moderate oven. Turn it out carefully, sprinkle a little sifted sugar over, and send wine sauce and sifted sugar to table with it.

Time— $1\frac{1}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 1008.—RAISIN PUDDING (Boiled).

Ingredients—

$\frac{3}{4}$ lb. flour, $\frac{3}{4}$ lb. raisins, 6 oz. suet, 3 oz. sugar, $\frac{1}{2}$ pint milk.

Method—

Chop the suet very finely, and rub it into the flour, stone and divide the raisins. Mix them smoothly with the milk, and beat the pudding for a few minutes. Put the pudding in a well-buttered basin, tie it up securely, plunge it into plenty of boiling water, and boil for $4\frac{1}{2}$ hours. Turn the pudding carefully on to a hot dish, sift sugar over it, and serve.

Time— $4\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 1009.—RASPBERRY BAVA-ROISE.

Ingredients—

1 lb. raspberries, 4 oz. loaf sugar, 1 oz. isinglass, $\frac{3}{4}$ pint water, $\frac{1}{4}$ pint cream, $\frac{1}{2}$ tea-spoonful of cochineal.

Method—

Remove the stalks and bruise the fruit slightly. Put it with the sugar, isinglass, and water in a saucepan. Bring the mixture to a boil, and let it simmer for 10 minutes. Strain the syrup through a jelly-bag or fine cloth into a basin, and set it aside to cool. When just becoming a light jelly, whip the cream to a stiff froth, and add the raspberry jelly, spoonful by spoonful, to

it, beating all the time. There will probably be a slight sediment at the bottom of the basin which must not be used. Beat the bavaroise for about 10 minutes until it becomes very thick, and put in the cochineal, which should be well beaten in. Pour into a well-wetted mould, and put it in a cool place (on ice if possible) to set. It should be made some hours before it is required.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 1010.—RASPBERRY CREAM.

Ingredients—

$\frac{1}{2}$ lb. raspberry jam, $\frac{1}{4}$ lb. red currant jelly, $\frac{1}{4}$ pint water, $\frac{3}{4}$ oz. isinglass, 1 pint milk, 3 eggs, $\frac{1}{4}$ pint cream, a few drops of cochineal.

Method—

Put the jam, jelly, and water into a small saucepan, and boil them together for about 10 minutes, pressing them against the side of the saucepan with a wooden spoon to make them dissolve. Put the isinglass and milk into a bain-marie saucepan and let them become very hot; then strain the contents of the small saucepan to them, and stir the mixture well. Beat and strain the eggs, and add the hot milk, etc., to them gradually, stirring all the time. Strain the mixture into the saucepan again, and thicken as for custard. Set it aside to cool. Whip the cream to a stiff froth, and beat in the custard, which should be lukewarm, by degrees, and continue beating until they are thoroughly mixed. Add a few drops of cochineal to make the cream a delicate pink, stir it well in. Pour into a well-wetted mould, and set aside in a cool place (on ice if possible) until quite firm.

It should be made 5 or 6 hours before it is required.

Sufficient for $1\frac{1}{2}$ -pint mould.

No. 1011.—RASPBERRY JAM.*Ingredients—*

6 lbs. raspberries, 3 lbs. sugar.

Method—

Put the raspberries in a preserving-pan, and crush them slightly against the sides of the pan with a wooden spoon. Boil them quickly for $\frac{1}{2}$ an hour, stirring them often; add the sugar, and boil the jam rapidly for about $\frac{1}{4}$ of an hour, skimming carefully, and keeping it constantly stirred. Try a little on a plate, and as soon as it sets pour the jam into jars, and tie down whilst hot.

*Time—*Altogether, about 45 minutes.

Sufficient for about 7 lbs. of jam.

No. 1012.—RASPBERRY SAUCE (For Puddings).*Ingredients—*

2 table-spoonfuls raspberry jam, $\frac{1}{4}$ pint water, 1 tea-spoonful arrowroot, 2 or 3 drops of cochineal.

Method—

Mix the arrowroot with the jam, and put it with the water into a small sauce-pan. Bring it to the boil, stirring constantly, and let it simmer for 3 minutes. Strain the sauce through a fine sieve over or round the pudding, or serve separately in a sauce-boat, if preferred.

*Time—*To simmer, 3 minutes.

Sufficient for 4 or 5 persons.

No. 1013.—RATAFIAS.*Ingredients—*

$\frac{1}{4}$ lb. sweet almonds, 2 oz. bitter almonds, 6 oz. sifted sugar, the whites of 2 eggs, 1 tea-spoonful water.

Method—

Blanch and skin the almonds, chop them roughly, put them in a mortar and pound them to a very smooth paste, adding a tea-spoonful of water whilst pounding. Beat the whites of eggs to as stiff a froth as possible; mix the

sugar with it, add the almonds, mix all well, and drop the mixture in half tea-spoonfuls on to wafer paper. Bake in a moderate oven until crisp, taking care that they do not burn.

*Time—*8 to 10 minutes.

Sufficient for $\frac{3}{4}$ lb. of ratafias.

No. 1014.—RED CURRANTS AND RASPBERRIES (Compôte of).*Ingredients—*

1 lb. red currants, $\frac{1}{4}$ lb. raspberries, 4 oz. sugar, $\frac{1}{4}$ pint water.

Method—

Boil the sugar and water together for 10 minutes. Wash and pick the currants, and remove the stalks from the raspberries. Put the fruit into the syrup, and let it simmer very gently until cooked. Let it cool a little, then turn it into a silver or glass dish, and set it aside until quite cold.

*Time—*About 15 minutes.

Sufficient for 4 or 5 persons.

No. 1015.—RED CURRANT JAM.*Ingredients—*

6 lbs. red currants, 4 lbs. sugar.

Method—

Remove the stalks from the currants, put them in a preserving-pan with the sugar, and boil them quickly for about 15 minutes, keeping the jam well stirred and skimmed. Try a little on a plate, and when it sets pour the jam into jars, and tie down whilst hot.

*Time—*15 minutes.

Sufficient for about 7 or 8 lbs. of jam.

No. 1016.—RED CURRANT JELLY.*Ingredients—*

6 lbs. red currants, 3 lbs. sugar.

Method—

Remove the stalks from the currants, put them in a preserving-pan with the

sugar and boil them quickly for 10 minutes, skimming carefully, and keeping the jelly stirred. Strain them through a jelly-bag, return the juice to the preserving-pan, and boil rapidly for another 6 or 7 minutes. Try a little on a plate, and as soon as it sets, pour the jelly into small jars, and tie down whilst hot.

Time—Altogether, 16 to 20 minutes.

Sufficient for 4 or 5 lbs. of jelly.

No. 1017.—RED CURRANT JELLY (Another Recipe).

Ingredients—

4 lbs. red currants, 2 lbs. white currants, 3 lbs. sugar.

Method—

Remove the stalks from the currants, put them in a preserving-pan with the sugar, and boil them quickly for 10 minutes, skimming carefully, and keeping the jelly stirred. Strain them through a jelly-bag, return the juice to the preserving-pan and boil it rapidly, stirring all the time for another 6 or 7 minutes. Try a little on a plate, and as soon as it sets pour the jelly into small jars, and tie down while hot.

Time—Altogether, 16 to 20 minutes.

Sufficient for 4 or 5 lbs. of jelly.

No. 1018.—RED CURRANT AND RASPBERRY PUDDING.

Ingredients—

1 lb. red currants, $\frac{1}{4}$ lb. raspberries, 4 oz. moist sugar, crust No. 396, or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Pick and wash the currants, and take the stalks off the raspberries. Make the crust as directed, and line a pudding-basin with it. Fill up the basin with the fruit and sugar mixed, fit in the cover of paste, and pinch the

edges together neatly; tie down the pudding in a floured cloth, plunge it into boiling water, and be careful that the water does not go off the boil until the pudding is cooked. Turn it out carefully on to a hot dish, and serve cream and sifted sugar with it.

Time—With butter crust, $2\frac{1}{2}$ hours.

With suet crust, 3 hours.

Sufficient for 5 or 6 persons.

No. 1019.—RED CURRANT AND RASPBERRY TART.

Ingredients—

1 lb. red currants, $\frac{1}{4}$ lb. raspberries, 4 oz. sugar, 1 table-spoonful water, crust, No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Pick and wash the currants, remove the stalks from the raspberries, and put the fruit and sugar in a pie-dish, mixing them well, and building them into a cone shape. Put in about 1 table-spoonful of water. Make the crust as directed, roll it out, cut a strip 1 inch wide, and lay this round the dish; roll out the cover, put it on, and ornament the edges neatly. Bake in a moderate oven, covering the top with a buttered paper if it seems inclined to take too much colour. When cooked, sift a little sugar over the top, and send sifted sugar and cream to the table with it.

Time—35 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1020.—RHUBARB (Compôte of).

Ingredients—

1 lb. rhubarb, 4 oz. sugar, $\frac{1}{4}$ pint water.

Method—

Boil the sugar and water together for 10 minutes, cut off the leaves, string the rhubarb, and cut it into 2-inch

lengths, put it into the syrup, and simmer gently until quite tender. Take out the rhubarb, and place it in a silver or glass dish. Boil up the syrup quickly for 7 or 8 minutes, let it cool a little, then pour it over the fruit, and serve cold.

Time—20 to 30 minutes.

Sufficient for 4 or 5 persons.

No. 1021.—RHUBARB JAM.

Ingredients—

12 lbs. rhubarb, weighed after it is pared, 8 lbs. sugar, juice of 3 lemons.

Method—

Pare the rhubarb, weigh and cut it into inch lengths. Put the fruit and sugar in alternate layers in a large bowl and leave it for 12 hours; turn it into the preserving-pan, and boil it quickly for about $\frac{3}{4}$ hour, skimming it well and keeping it stirred. Try a little on a plate, and as soon as it sets pour the jam into jars, and tie down whilst hot.

Time—12 hours to leave the fruit and sugar; $\frac{3}{4}$ hour to boil the jam.

Sufficient for about 16 lbs. of jam.

No. 1022.—RHUBARB JAM (Another Recipe).

Ingredients—

12 lbs. rhubarb, 9 lbs. sugar, $\frac{1}{4}$ lb. bitter almonds.

Method—

Pare the rhubarb, weigh, and cut it into inch lengths. Put the fruit and sugar in alternate layers in a large bowl and leave for 24 hours; then put the juice and sugar in a preserving-pan, and boil them together quickly for 20 minutes, skimming carefully, then add the fruit and the almonds, which must be blanched and cut into small pieces. Boil all together for about $\frac{3}{4}$ hour, stirring constantly, and keeping the jam well

skimmed. Try a little on a plate, and as soon as it sets pour the jam into jars, and tie down whilst hot.

This jam should be made in September, and is said to resemble greengage.

Time—24 hours to leave fruit, 20 minutes to boil juice, $\frac{3}{4}$ hour to boil jam.

Sufficient for about 16 or 17 lbs.

No. 1023.—RHUBARB PUDDING.

Ingredients—

1 lb. rhubarb, 4 oz. moist sugar, crust No. 396, or No. 404, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Cut off the leaves, string and wash the rhubarb, and cut it into $1\frac{1}{2}$ inch lengths. Make the crust as directed, roll it out thinly, and line a basin with it. Fill up the basin with rhubarb, sprinkling the sugar over and among the fruit, and fit in the cover of crust neatly, pinching the edges together. Tie it down securely in a floured cloth, plunge it into boiling water, and be careful that the water does not go off the boil until the pudding is cooked. Turn it out carefully on to a hot dish, and send sifted sugar and cream to table with it.

Time—With butter crust, $2\frac{1}{2}$ hours.

With suet crust, 3 hours.

Sufficient for 4 or 5 persons.

No. 1024.—RHUBARB TART.

Ingredients—

$1\frac{1}{2}$ lbs. rhubarb, 5 oz. moist sugar, crust No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Cut off the leaves, string the rhubarb, and cut it into $1\frac{1}{2}$ -inch lengths. Fill the pie-dish with the fruit, mixing the sugar with it. Roll out the paste, cut a strip 1 inch wide, and lay this round the edge of the pie-dish; roll out the

cover, lay it on, and ornament the edges neatly. Bake the tart in a moderately quick oven, covering the top with a buttered paper should it seem inclined to burn. Sprinkle a little sifted sugar over, and serve with sifted sugar and cream handed round.

Time—35 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1025.—RICE (To Boil for Curries).

Ingredients—

2 oz. Carolina rice, $\frac{1}{2}$ gallon boiling water, 1 table-spoonful salt, $\frac{1}{2}$ pint cold water.

Method—

Boil up the water in a large saucepan; when it is quite boiling add the salt, then wash the rice, put it in, and boil it quickly until tender. Throw in $\frac{1}{2}$ pint of cold water to cause the rice to separate, turn it into a colander, drain it very thoroughly, and stand it in front of the fire for 1 or 2 minutes to dry. Serve quickly.

Rice should always be cooked in a large quantity of fast-boiling water.

Time—After the water re-boils, 14 minutes.

Sufficient for 3 or 4 persons.

No. 1026.—RICE BISCUITS.

Ingredients—

$\frac{1}{4}$ lb. rice flour, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. pounded sugar, $\frac{1}{4}$ lb. butter, 3 eggs.

Method—

Beat the butter to a cream, using a wooden spoon, dredge in the sugar, the rice, and other flour, beating all the time. Beat and strain the eggs, add them to the other ingredients, and mix well. Turn the paste on to a floured board, roll it out thin, and stamp it into

biscuits with a round 2-inch cutter, lay them on a floured baking-tin, and bake in a gentle oven.

Time—15 to 18 minutes.

Sufficient for 18 biscuits.

No. 1027.—RICE (Buttered).

Ingredients—

$\frac{1}{4}$ lb. rice, 2 oz. butter, 2 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, 1 $\frac{1}{2}$ pints milk.

Method—

Wash the rice well, put it in a lined saucepan with the milk, bring slowly to boiling point, and let it simmer gently until quite tender. Pour off any milk that may not have been absorbed, and stir in the sugar, butter, and grated lemon rind. Stir until the butter is melted, but do not again put it on the fire. Serve on a very hot dish.

Time—About 40 minutes to simmer the rice.

Sufficient for 4 or 5 persons.

No. 1028.—RICE CAKE.

Ingredients—

$\frac{1}{4}$ lb. rice flour, $\frac{1}{4}$ lb. flour, 6 oz. sugar, $\frac{1}{4}$ lb. butter, 4 eggs, grated rind of 1 lemon.

Method—

Beat and strain the eggs, mix in the sugar, and dredge in the flours and grated lemon-rind, beating constantly. Add the butter (which must be melted, but not hot) by degrees, beating each portion thoroughly in before the next is added. Beat the cake for a few minutes, then half fill a cake-tin lined with buttered paper with the mixture, and bake in a moderate oven, protecting the top of the cake with a piece of buttered paper as soon as it is nicely browned.

Time—1 hour.

Sufficient for 1 moderate sized cake.

No. 1029.—RICE CAKES (Small, for Afternoon Tea).

Ingredients—

2 oz. rice flour, 2 oz. flour, 3 oz. sugar, 2 oz. butter, grated rind of $\frac{1}{2}$ a lemon, 2 eggs.

Method—

Beat and strain the eggs, mix in the sugar, dredge in the flours, beating constantly, and add the butter, which must be melted but not hot, a tea-spoonful at a time, beating each portion thoroughly in before the next is added, and put in the lemon rind. Butter some patty-pans, half fill them with the mixture, and bake in a moderate oven.

*Time—*15 to 20 minutes.

Sufficient for 1 dozen cakes.

No. 1030.—RICE CASSEROLE (Savoury).

Ingredients—

6 oz. rice, 3 oz. butter, 1 rasher of bacon, 1 tea-spoonful finely-minced onion, seasoning pepper and salt, $1\frac{1}{2}$ pints light stock, 1 egg.

Method—

Put the rice in a lined saucepan with the bacon, minced onion, pepper, salt, and stock. Heat them slowly to boiling point, and let them simmer for 30 or 40 minutes, stirring occasionally until the rice is very tender. Then pick out the bacon, and crush the rice to a smooth paste by pressing it against the sides of the saucepan with a wooden spoon; add the butter, and stir until it is melted. Press the hot rice into a round or oval buttered mould, and set it aside until cold; loosen the rice round the edges of the mould with a knife, and carefully turn out the casserole on to a buttered baking-tin. Beat and strain the egg, brush the rice well with it, and mark a circle on the top with a knife, 1 inch from the edge all round. Bake the casserole for about $\frac{1}{2}$ an hour, then with a knife and spoon

remove the rice from the interior as far as the marked line, as a *vol au vent* is emptied, leaving about 1-inch depth of rice everywhere. Fill the casserole with a well-made curry or good ragoût, and serve at once.

*Time—*30 to 40 minutes to simmer rice; $\frac{1}{2}$ hour to bake casserole.

Sufficient for 4 or 5 persons.

No. 1031.—RICE CASSEROLE (Sweet).

Ingredients—

6 oz. Carolina Rice, 2 oz. butter, 3 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, $1\frac{1}{2}$ pints milk, 1 egg, compôte of fruit, made with 1 lb. fruit, and other ingredients in proportion.

Method—

Put the rice in a lined saucepan with the milk, heat them slowly to boiling point, and let them simmer for 30 or 40 minutes, stirring occasionally until the rice is very tender; then crush it to a smooth paste by pressing it against the sides of the saucepan with a wooden spoon. Add the grated lemon rind, sugar, and butter, and mix them well in. Press the hot rice into a round or oval buttered mould, and set aside until cold. Loosen the rice round the edges of the mould with a knife, and carefully turn out the casserole on to a buttered baking-tin. Beat and strain the egg, brush the rice well with it, and mark a circle on the top with a knife, 1 inch from the edge all round. Bake the casserole about $\frac{1}{2}$ an hour, then with a knife and spoon remove the rice from the interior as far as the marked line, as a *vol au vent* is emptied, leaving about 1-inch depth of rice everywhere. Have ready a hot compôte of fruit, fill the casserole with this, adding but little of the syrup, and serve very hot.

*Time—*30 to 40 minutes to simmer rice; $\frac{1}{2}$ hour to bake casserole.

Sufficient for 4 or 5 persons.

No. 1032.—RICE CROQUETTES.

Ingredients—

3 oz. Carolina rice, 1 pint milk, 2 oz. sugar, rind of $\frac{1}{2}$ a lemon, 2 table-spoonfuls jam, 1 egg, breadcrumbs, boiling lard for frying.

Method—

Boil the rice with the milk, sugar, and lemon rind for 45 minutes, then set it aside until quite cold. Form it into balls, making a little hollow in the middle, in which place a small tea-spoonful of jam. Dip the balls into egg, cover them with fine crumbs, arrange them in a frying-basket, and fry a light golden brown.

Time—To boil rice, 45 minutes.

To fry croquettes, 7 or 8 minutes.

Sufficient for 7 or 8 croquettes.

No. 1033.—RICE PUDDING, GROUND.

Ingredients—

2 oz. ground rice, 1 pint milk, 2 oz. pounded sugar, grated rind of $\frac{1}{2}$ a lemon, 1 oz. butter.

Method—

Mix the ground rice smoothly with $\frac{1}{4}$ pint cold milk, heat the rest to boiling point, and stir it into the rice. Put them in a lined saucepan, and stir over the fire for about 5 minutes until the rice thickens, let it cool a few minutes, then add the butter, sugar, and grated lemon rind. Pour the mixture into a buttered pie-dish, and bake for $\frac{1}{2}$ an hour.

Time—5 minutes to simmer the mixture; $\frac{1}{2}$ hour to bake pudding.

Sufficient for 3 or 4 persons.

No. 1034.—RICE PUDDING, GROUND (Good),

Ingredients—

2 oz. ground rice, 2 oz. pounded sugar, 2 oz. butter, 2 eggs, grated rind

of $\frac{1}{2}$ a lemon, 1 table-spoonful brandy, 1 pint milk.

Method—

Mix the ground rice smoothly with $\frac{1}{4}$ pint of cold milk, heat the rest to boiling point, stir it into the rice, then turn them back into the saucepan, and stir over the fire for about 10 minutes until the rice thickens, then let it cool for a few minutes. Beat and strain the eggs, add them to the rice with the sugar, butter, grated lemon rind, and brandy. Pour the mixture into a buttered pie-dish, and bake for $\frac{1}{2}$ hour.

Time—10 minutes to simmer the mixture; $\frac{1}{2}$ an hour to bake pudding.

Sufficient for 3 or 4 persons.

No. 1035.—RICE PUDDING (Plain, Baked).

Ingredients—

1 oz. Patna rice, 2 oz. moist sugar, 1 pint milk.

Method—

Wash the rice, and strew it at the bottom of a pie-dish, add the sugar, pour in the milk, and bake in a moderate oven. Serve hot.

Time— $1\frac{1}{4}$ hours.

Sufficient for 3 or 4 persons.

No. 1036.—RICE PUDDING (Good, Baked).

Ingredients—

2 oz. rice, 2 eggs, 2 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, $\frac{3}{4}$ pint milk.

Method—

Put the rice, sugar, lemon rind, and milk in a lined saucepan, and simmer them very gently until the rice is tender; then let them cool for a few minutes. Beat and strain the eggs, add the rice,

put the pudding in a buttered pie-dish, and bake in a gentle oven.

Time—30 to 40 minutes to simmer rice ; 20 to 30 minutes to bake pudding.

Sufficient for 4 or 5 persons.

No. 1037.—RICE PUDDING (Boiled).

Ingredients—

2 oz. rice, 2 oz. sugar, 1 pint milk, 1 oz. butter, 3 eggs, grated rind of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ pint fruit sauce.

Method—

Boil the rice with the sugar and milk until tender, stir in the butter and grated lemon rind, and let the mixture cool a little. Beat and strain the eggs, add them to the rice, put it in a buttered basin, tie a buttered paper over the top, plunge it into boiling water, and boil for $1\frac{1}{4}$ hours. Turn out the pudding on to a hot dish, and serve with a fruit sauce.

Time—Altogether, about $1\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 1038.—RICE PUDDINGS (Small).

Ingredients—

2 oz. rice, 2 oz. sugar, 1 pint milk, grated rind of $\frac{1}{2}$ a lemon, 1 oz. butter, 2 eggs.

Method—

Boil the rice with the sugar, grated lemon rind, and milk until tender, stir in the butter, and let the mixture cool a little. Beat and strain the eggs, add them to the rice, and mix well. Three-quarters fill some buttered dariole moulds with the mixture, bake until set, then turn them out on to a glass or silver dish, and set aside until very cold. Serve with compôte of fruit or cold fruit sauce.

Time—Altogether, 45 to 50 minutes.

Sufficient for 7 or 8 small puddings.

No. 1039.—RICE SOUP.

Ingredients—

1 oz. Carolina rice, 1 quart bouillon or clear soup.

Method—

Wash the rice, throw it into boiling water, and boil it for 5 minutes. Have ready the boiling soup, drain off the rice, add it to the soup, little by little so as not to stop the boiling, simmer gently for 30 minutes, and serve very hot.

Time—35 minutes.

Sufficient for 3 or 4 persons.

No. 1040.—RISOTTO.

Ingredients—

6 oz. rice, 2 oz. butter, 2 oz. finely-minced onion, 1 oz. grated Parmesan cheese, small pinch saffron, 1 pint hot stock, a pinch salt.

Method—

Melt the butter, mince the onion very finely, and fry it for 3 or 4 minutes, taking care that it does not burn, put in the rice with a small pinch of saffron, and stir it over a gentle fire for 5 or 6 minutes, then pour in the hot stock, and let all simmer for 15 or 20 minutes until the rice is tender ; add the grated Parmesan and a pinch of salt, and serve on a hot silver dish.

Time—Altogether, about $\frac{1}{2}$ an hour.

Sufficient for 4 or 5 persons.

No. 1041.—RISSOLES (à la Pompadour).

Ingredients—

2 table-spoonfuls finely-minced game or chicken, 1 table-spoonful gravy, seasoning pepper and salt, crust No. 403, made with 2 oz. flour, and other ingredients in proportion, 1 egg, 1 table-spoonful vermicelli.

Method—

Mince the meat as finely as possible, mix it with the gravy, and season with pepper and salt.

If you have a small piece of puff or short crust left over from making a pie or tart use it, otherwise make a very small quantity of paste, as directed above. Roll it out as thinly as possible, and cut it into 2-inch squares, which turn so as to form a diamond shape; place a small tea-spoonful of mince on one half, fold over the other, and press lightly round; then fold the edge daintily round, forming the rissoles into crescents; brush them over with the egg, beaten and strained; crush the vermicelli with the rolling pin, sprinkle a little over each, arrange them in a frying-basket, plunge them into boiling fat, and fry a delicate golden brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley.

There is often sufficient for this dish left on the bones of a chicken or pheasant before it is stewed down for gravy. The legs of a partridge or similar bird can also be advantageously used in this way.

Time—To fry, 5 or 6 minutes.

Sufficient for 8 or 9 rissoles.

No. 1042.—ROASTING (Remarks on).

The old-fashioned and excellent method of roasting before an open fire is now, unfortunately, almost obsolete. To obtain as good results with oven cookery as was formerly easily obtainable with an open range is by no means easy. The tendency of the hot, dry air of the oven is to dry and harden the outer portion of the joint, thus making it difficult for the heat to penetrate the inner parts. This can only be obviated by constant and thorough basting, and every cook should pay great attention to this point. Poultry and game should be covered

with a sheet of buttered paper to protect the breast, and this should be removed about 10 minutes before the bird is served, to allow of the breast taking a nice colour. Good clarified dripping answers perfectly for the basting of all birds, butter is really an unnecessary extravagance. Dripping used for basting game will not be fit for use a second time, as it will have acquired too strong a "gamey" flavour to be pleasant. All birds are much improved by having a slice of fat bacon tied on the breast, this, of course, must be removed before they are sent to table.

No. 1043.—RUM PUNCH.

$\frac{1}{2}$ bottle rum, $\frac{1}{2}$ pint brandy, 1 liqueur-glass curaçoa, 1 pint water, $\frac{1}{4}$ pint lemon juice, 6 lumps sugar, lemon peel, Seville orange peel, a scrape of nutmeg.

Method—

Squeeze as many lemons into a tumbler as will produce $\frac{1}{4}$ pint of juice. Rub 2 of the 6 lumps of sugar upon the rind of 1 of the lemons, and 2 more upon the rind of a Seville orange till they are yellowish with the expressed oil. Put the 6 lumps of sugar into the lemon juice. Pour the water, lemon juice, and sugar into a bain-marie saucepan; add a scrape of nutmeg, and let the mixture or sherbet simmer for a $\frac{1}{4}$ of an hour; add the curaçoa to the rum, mix in the brandy, and then stir them, not too fast, into the saucepan. Let the whole mixture simmer for a minute or two up to a temperature a little beyond drinking-point, and serve in small tumblers.

If the rum is very old and soft the brandy may be omitted, and the water reduced to $\frac{3}{4}$ pint.

Time—About 20 minutes.

Sufficient for 6 or 7 persons.

No. 1044.—RUSKS.*Ingredients—*

1 or 2 stale sally lunn.

Method—

Cut the sally lunn into $\frac{1}{4}$ -inch slices, lay them on a baking-sheet, and dry them in a very slow oven until a light golden colour and quite crisp, turning them when half done. Set up on edge to cool, and store them in a dry canister.

Time—30 to 40 minutes in a *very* slow oven.

Sufficient.—2 sally lunn should make about 18 rusks.

No. 1045.—SAGE AND ONION STUFFING.*Ingredients—*

1 small onion, 3 sage leaves, 3 oz. breadcrumbs, seasoning pepper and salt, 1 oz. butter, 1 egg.

Method—

Put the onion in sufficient boiling water to cover it, and have some more boiling water in a kettle. Boil the onion for 10 minutes, drain off the water, cover it again with fresh boiling water from the kettle, and boil it gently until tender. Then take it out, let it cool, and chop it very finely with the sage leaves. Add the breadcrumbs, pepper, and salt, and rub in the butter. Beat and strain the egg, moisten the mixture with this, mix the stuffing well, and it is ready for use.

Sufficient for 1 duck.

No. 1046.—SAGO PUDDING.*Ingredients—*

1 pint milk, 2 table-spoonfuls sago, 2 eggs, 2 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, 1 oz. butter.

Method—

Put the milk in a lined saucepan with the sago; heat slowly to boiling

point, and let it simmer for 15 or 20 minutes, stirring it often to prevent it burning. Take it off the fire and let it cool for 5 minutes. Beat and strain the eggs, add them with the sugar, butter, and grated lemon rind to the sago and milk, and stir them until the butter is dissolved. Butter a pie-dish, pour in the mixture, and bake in a gentle oven. The eggs can be omitted if a plainer pudding is desired.

Time—20 minutes to simmer sago; 40 minutes to bake pudding in a gentle oven.

Sufficient for 3 or 4 persons.

No. 1047.—SAGO SOUP.*Ingredients—*

$1\frac{1}{2}$ oz. sago, 1 quart stock, 1 tea-spoonful arrowroot, 1 table-spoonful mushroom ketchup, seasoning pepper and salt.

Method—

Wash the sago well; put it in a saucepan with the cold stock; bring gradually to the boil, and simmer it gently for 40 minutes, stirring occasionally. Mix the arrowroot with the mushroom ketchup, stir it into the stock, and simmer until slightly thickened. Season with pepper and salt, and serve very hot.

Time—45 minutes.

Sufficient for 3 or 4 persons.

No. 1048.—SALAD (Summer).*Ingredients—*

2 round lettuces, a little mustard and cress, 1 small beetroot, 1 tomato, 1 doz. very thin slices cucumber, 1 small spring onion.

Method—

Take off the outer leaves and wash the lettuces thoroughly; tear them up finely, and put them in the bottom of the bowl. Cut off the stalks of the

mustard and cress, and pick and wash it. Peel and slice the beetroot; skin and cut up the tomato. Cut the slices of cucumber in halves, and chop the spring onion very finely. Arrange all these ingredients with the lettuces, and mix them with a mayonnaise or plain dressing.

Sufficient for 5 or 6 persons.

No. 1049.—SALAD (Winter).

Ingredients—

2 lettuces, $\frac{1}{2}$ endive, small beetroot, a little mustard and cress.

Method—

Take off the outer leaves and wash the lettuces thoroughly; tear them up finely, and proceed in the same manner with the endive. Peel and slice the beetroot, and well wash the mustard and cress, first cutting off all thin stalks. Mix the salad together, and dress with mayonnaise or plain dressing.

Sufficient for 4 or 5 persons.

No. 1050.—SALAD DRESSING.

Ingredients—

1 hard-boiled yolk of egg, a very little made mustard, 1 salt-spoonful salt, a little pepper, 3 table-spoonfuls oil, 1 table-spoonful vinegar.

Method—

Put the yolk of egg in the spoon and mash it with the fork. Add the mustard, salt, and pepper, and stir them with the fork until mixed. Add the oil and vinegar alternately, a little at a time, stirring it round, and pouring each spoonful over the salad until all is used. Toss the salad well, so that it is equally covered with dressing, and serve.

This is a convenient dressing for salad dressed and mixed at table. If dressed in the kitchen, it should not be done until just before it is required for use.

Sufficient for a salad for 4 or 5 persons.

No. 1051.—SALMON (Baked in Paper Cases).

Ingredients—

2 lbs. salmon, $\frac{1}{2}$ pint melted butter.

Method—

Cut the salmon into 1-inch slices, fold them in thin paper thickly buttered, place them on a tin, and bake in a good oven. When cooked, take them out of the papers, place them on a hot napkin, and garnish them with fresh parsley and cut lemon. Send melted butter to table, and cut cucumber if liked.

Time—15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 1052.—SALMON (Boiled).

Ingredients—

2 or 3 lbs. salmon, $\frac{1}{2}$ gallon water, 2 oz. salt.

Method—

Scale the fish and clean it very thoroughly, taking particular care that no blood is left inside. Lay it in the fish-kettle with sufficient cold water to cover it, add the salt, and bring it to the boil. Skim carefully, and then let it simmer until the fish is cooked. As soon as cooked, drain it, and serve on a hot napkin, garnished with cut lemon and fresh parsley.

Send melted butter to table with it, and shrimp or lobster sauce, as preferred.

Time—Middle of salmon, 18 to 25 minutes.

Head or tail, 15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 1053.—SALMON (Crimped).

Ingredients—

2 lbs. salmon, 1 quart iced water, 2 oz. salt, $\frac{1}{2}$ pint melted butter.

Method—

Cut very fresh salmon into $1\frac{1}{2}$ -inch slices, drop these into iced water, salted, and let them stay 5 minutes. Lift it out, drain well, and boil in fast-boiling water until tender. Take it up, drain thoroughly, and serve on a hot napkin, garnished with fresh parsley and cut lemons.

Send melted butter to table and cut cucumber if liked.

Time—To boil, 10 to 15 minutes.

Sufficient for 4 or 5 persons.

No. 1054.—SALMON CROQUETTES
(à la Princesse).

Ingredients—

$\frac{1}{4}$ lb. cold salmon, $\frac{1}{4}$ pint cream, 1 oz. butter, 1 large tea-spoonful flour, seasoning pepper and salt, 1 large cucumber, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Melt the butter in a small saucepan, and stir in the flour until it is thick and smooth; add the cream, pepper, and salt, and stir until the sauce is very thick; add the salmon, free from skin and bones, mix it well, and let it cool. Peel the cucumber, cut it into 2-inch lengths, and boil them for 5 minutes; take out their centres with a cutter, leaving a very thin shell of cucumber; very neatly fill the cucumbers with the cold mixture, egg and breadcrumb them carefully, and arrange them in a frying-basket. Plunge them into a saucepan of boiling fat, and fry them a light golden brown. Take them up, drain very carefully, and serve immediately. The mixture must be rather stiff, or it will not stay in the cucumber cases.

Time—To make sauce, 5 or 6 minutes. To fry croquettes, about 7 minutes.

Sufficient for 7 or 8 croquettes.

No. 1055.—SALMON (Curried).*Ingredients—*

Remains of cold salmon, 1 oz. butter, 1 small onion, $\frac{1}{2}$ pint milk, 1 small table-spoonful curry powder, 1 table-spoonful flour, juice of $\frac{1}{2}$ a lemon, 1 tea-spoonful chutney, 2 oz. rice.

Method—

Remove all skin and bone from the fish, and divide it into small pieces. Melt the butter in a stewpan, and fry the onion in it for a few minutes, then pour in the milk, reserving 2 table-spoonfuls, and let it become hot. Mix the curry powder and flour smoothly with the cold milk, stir it into the saucepan, and continue stirring until the sauce is nicely thickened. Put in the fish and chutney, and let them heat by the side of the fire for 15 minutes. Then add the lemon-juice, mix well, and serve in a hot dish with a border of carefully-prepared rice.

Time—Altogether, about 20 minutes.

Sufficient for 3 or 4 persons.

No. 1056.—SALMON (à la Genevese).*Ingredients—*

2 or 3 lbs. salmon, 1 carrot, 1 small onion, 1 sprig parsley, 2 table-spoonfuls sherry, juice of 1 lemon, seasoning pepper and salt, 1 quart water, $\frac{3}{4}$ pint Genevese sauce No. 1068.

Method—

Cut the vegetables into dice, put them in the saucepan with the sherry, lemon-juice, parsley, pepper, and salt add the water, and simmer all for $\frac{1}{2}$ hour. Lay in the salmon, and simmer it carefully for another $\frac{1}{2}$ hour; then take out the salmon, drain, and place on a very hot dish, quickly remove the skin, have ready the Genevese sauce very hot, pour it over the salmon, and serve immediately.

Time—1 hour.

Sufficient for 4 or 5 persons.

No. 1057.—SALMON (Pickled).

Ingredients—

1½ lbs. cold boiled salmon, 1 pint vinegar, 12 peppercorns, ½ tea-spoonful salt, 1 bay leaf.

Method—

Boil the vinegar, pepper, salt, and bay leaf together for 10 minutes. Remove the skin and bone from the salmon, strain the boiling vinegar over it, and let it remain at least 12 hours before using. When required for use, take the salmon out, place it on a very clean dish, and strain a little of the vinegar round. Salmon pickled in this way will keep 3 or 4 days.

Sufficient for 3 or 4 persons.

No. 1058.—SALMON MAYONNAISE.

Ingredients—

1 lb. cold boiled salmon, 1 long or 2 round lettuces, small piece of cucumber, mayonnaise dressing No. 784, 3 anchovies, 1 table-spoonful capers.

Method—

Pick off the outside leaves, and well wash the lettuces. Tear them into shreds, and make a bed of them at the bottom of the bowl; on this put half of the cucumber, peeled and very thinly sliced, and pour over it a little mayonnaise. Free the salmon from skin and bone, divide it into flakes, and put it on the lettuce and cucumber in one thick layer, add a little more mayonnaise, cover it with the rest of the lettuce and cucumber; then, with a spoon, carefully cover the top with mayonnaise. Cut the anchovies each into 4 long strips, arrange them across in the form of lattice-work, sprinkle the capers over, and serve.

Sufficient for 4 or 5 persons.

No. 1059.—SALMON PUDDING.

Ingredients—

1 lb. cold cooked salmon, ½ lb. fine breadcrumbs, seasoning pepper and salt, ¼ pint milk, 3 eggs, ½ pint melted butter.

Method—

With a fork pull the fish into small flakes, and mix them with the breadcrumbs, beat and strain the eggs, add to them the milk, and stir this into the mixture. Season with pepper and salt, put it into a well-buttered mould, and bake in a moderate oven. Turn out the pudding on to a hot dish, cover it with good, melted butter, and serve.

Time—1 hour.

Sufficient for 4 or 5 persons.

No. 1060.—SALMON RISsoles.

Ingredients—

¼ lb. cold cooked salmon, ¼ pint melted butter, 1 oz. fresh breadcrumbs, 2 eggs, breadcrumbs, boiling fat for frying.

Method—

Warm up the sauce, if you have it left over with the fish, or make ¼ pint as directed. Free the salmon from skin and bones, and divide it into small flakes, put it with the breadcrumbs into the sauce and mix it well. Take the yolk of 1 egg, remove the speck, beat the yolk and stir it into the mixture until it is nicely thickened, taking great care not to let it boil after the egg is added. Set it aside to cool; when cold turn the mixture on to a floured-board, and make it up into small rolls. Beat and strain the other egg, dip the rolls into it, cover them with fine breadcrumbs, and arrange them in a frying-basket. Plunge them into a saucepan of boiling fat, and fry them a light golden brown.

Time—To fry rissoles, 5 or 6 minutes.

Sufficient for 7 or 8 persons.

No. 1061.—SALSIFI (Boiled).*Ingredients—*

12 roots of salsifi, 1 lemon, 1 quart water, 1 table-spoonful salt, $\frac{1}{4}$ pint melted butter.

Method—

Scrape the roots, cut them into 4- or 5-inch lengths, and rub each with a piece of lemon to prevent them from losing their colour. Put the remainder of the lemon juice into a saucepan of boiling water, tie the roots into small bundles, and boil them until tender; take them up, drain them, place in a very hot dish, pour the sauce over, and serve.

Time—30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 1062.—SALSIFI (Fried in Batter).*Ingredients—*

12 roots of salsifi, frying batter No. 123, boiling fat for frying.

Method—

Prepare and cook the salsifi as in preceding recipe, drain it, and set it aside to cool. Dip each root into the batter, have ready the frying-basket in a saucepan of boiling fat, drop in the salsifi and fry a delicate brown. Turn on to kitchen paper to drain, and serve in a very hot dish.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 1063.—SAUCES (Remarks on).

The badness of the sauces served at ordinary tables has become so proverbial as to be a disgrace to housekeepers.

This is quite unnecessary, and every cook should endeavour to overcome the difficulty which is apparently felt by most in making the proper accompaniments to their dishes.

Sauces should never be made at the last minute, this occasions hurry; and a sauce, however simple, requires time and care. All wine sauces, gravies, and bread sauce can be prepared hours before they are required, and heated up in a bain-marie when wanted for table. If the necessary bain-maries are not at hand, pour the sauces into gally pots, and stand these in a stewpan of boiling water.

One of the most necessary sauces to learn is the ordinary melted butter. This is the foundation of so many sauces, and is so constantly required that every cook should study one of the simple recipes given, and learn to make it perfectly.

White sauces should be of a nice creamy white, smooth and thick, and those intended to mask the meat with which they are served, such as caper sauce with mutton, and béchamel with fowl, should be sufficiently thick to really do so. Nothing looks more miserable than a chicken with a poor-looking sauce imperfectly covering its limbs.

Brown sauces should not be so thick as white sauces, but should lightly adhere to the spoon. Care must be taken to make them an appetising colour, by the addition of a few drops of browning, if necessary. Arrowroot is very much better than flour for thickening brown and wine sauces; it gives a clear transparency, instead of the raw dulness of flour. It should be used in very small quantities, and the flavour is then quite imperceptible, even to the most delicate palates. For most white sauces I prefer flour, and in my recipes will be found mentioned the thickening I have found most suitable.

The exact quantity of sauce to make is largely a matter of experience, and, of course, varies according to the individual tastes of families. Cooks are generally inclined to make a good deal more than is required, but it is as great a fault to have too little,

and a more irreparable one. One table-spoonful of sauce is usually enough to allow for each person, and 1 table-spoonful over; of bread sauce more is often liked. Bread sauce should be of a fair consistency, neither sloppy nor firm. In conclusion, I would suggest that when sauce is left at the table it should not too hastily be thrown away, as it can very often be advantageously used in making rissoles, scallops, etc.

Sauce-boats should be most carefully heated, or the sauce will be cooled before it reaches the table. This is especially disagreeable in the case of white sauces, when a skin is likely to form on the top. Fill the sauce-boats with boiling water, and leave them for at least 10 minutes, only emptying them out immediately before the sauce is put in.

No. 1064.—SAUCE (Allemande).

Ingredients—

$\frac{1}{2}$ pint chicken or veal broth, $\frac{1}{4}$ lb. button mushrooms, 1 small dessert-spoonful flour, 1 oz. butter, the yolks of 2 eggs, seasoning pepper and salt.

Method—

Clean the mushrooms, cut them in halves, and simmer them in the broth for about $\frac{1}{2}$ an hour until their flavour is well extracted. Mix the flour and butter with the blade of a knife into a smooth paste, add them to the broth, and stir over the fire for 3 or 4 minutes until the sauce is nicely thickened, then strain it through a sieve. Beat the yolks of the eggs, and strain them into a basin; add the sauce to them, stirring rapidly all the time, return it to the saucepan, season it with pepper and salt, and stir again over the fire for 2 or 3 minutes until the sauce is smooth and very hot, but do not let it boil, or it will curdle and be unfit for use.

Time—Altogether, about 40 minutes.

Sufficient for 4 or 5 persons.

No. 1065.—SAUCE ARGENTEUIL.

Ingredients—

2 hard-boiled yolks of eggs, 3 table-spoonfuls oil, seasoning pepper, salt, and mustard, 1 table-spoonful cream, 1 tea-spoonful vinegar, 1 tea-spoonful chopped parsley.

Method—

Put the yolks of eggs and the mustard, pepper, and salt into a basin, and stir them with a wooden spoon until they are quite smooth. Add the oil, 2 or 3 drops at a time, stirring very patiently until it is perfectly mixed, then add the vinegar in the same manner, and lastly the cream. Stir in the chopped parsley, and serve.

Time—30 to 40 minutes.

Sufficient for $\frac{1}{4}$ pint sauce.

No. 1066.—SAUCE (Aurore).

Ingredients—

The coral of 1 small lobster, 1 oz. butter, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ pint béchamel sauce No. 137, or melted butter No. 227, seasoning pepper, salt, and cayenne.

Method—

Pound the lobster coral thoroughly in a mortar with the butter. Make $\frac{1}{2}$ pint of sauce as directed, rub the lobster coral through a sieve, and add it to the sauce with the strained lemon juice, the pepper, salt, and a very little cayenne. Simmer the sauce very gently for 2 or 3 minutes, and serve very hot.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1067.—SAUCE (For Brawn).

Ingredients—

1 tea-spoonful made mustard, $\frac{1}{2}$ tea-spoonful salt, $\frac{1}{4}$ tea-spoonful pepper, 1 dessert-spoonful moist sugar, 4 table-spoonfuls salad oil, 2 table-spoonfuls vinegar.

Method—

Mix together smoothly the mustard, salt, pepper, and sugar, then add very gradually the oil, a few drops at a time, mixing very thoroughly; add the vinegar slowly, stir well, and it is ready for use.

Sufficient for 4 or 5 persons.

No. 1068.—SAUCE (Genevèse).*Ingredients—*

2 oz. ham, 1 oz. butter, 1 tea-spoonful flour, $\frac{1}{2}$ carrot, 1 sprig parsley and thyme, $\frac{1}{2}$ pint stock, juice of $\frac{1}{2}$ a lemon, 2 table-spoonfuls sherry, seasoning salt and cayenne.

Method—

Cut the ham into dice, and fry it with the butter in a small stewpan, dredge in the flour, and stir for about 10 minutes until quite smooth; add the carrot, cut up in small dice, the parsley, thyme, and stock, seasoning with salt, and simmer for 1 hour. Strain the sauce into a fresh saucepan, add the sherry, lemon juice, and seasoning, stir well, make very hot, and serve.

Time—About 1 $\frac{1}{4}$ hours.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1069.—SAUCE (Hollandaise).*Ingredients—*

Yolks of 3 eggs, 5 table-spoonfuls water, juice of 1 lemon, 2 oz. butter, seasoning salt and cayenne.

Method—

Beat and strain the eggs, add to them the water and lemon juice, put all into a lined saucepan with the butter and seasoning of salt and cayenne, stir the sauce over a gentle fire until it is nicely thickened, but do not let it *boil* or it will curdle.

Time—About 10 minutes.

Sufficient for $\frac{1}{2}$ pint of sauce.

No. 1070.—SAUCE (Indienne).*Ingredients—*

1 table-spoonful minced onion, 1 table-spoonful vinegar, $\frac{1}{2}$ pint melted butter No. 227, 1 table-spoonful piccalilli finely chopped, 1 dessert-spoonful piccalilli sauce.

Method—

Put the onion and vinegar in a very small saucepan, and stir them over the fire for 2 or 3 minutes, taking great care that they do not burn; add the melted butter, little by little, stirring well, then add the chopped piccalilli and sauce, mix well and serve.

Time—6 or 7 minutes.

Sufficient for $\frac{1}{2}$ pint of sauce.

No. 1071.—SAUCE (Kidney).*Ingredients—*

2 mutton kidneys, or $\frac{1}{2}$ lb. beef kidney, 1 oz. butter, 1 small onion, $\frac{1}{2}$ pint water, seasoning salt and cayenne, $\frac{1}{2}$ tea-spoonful arrowroot.

Method—

Skin the kidneys, and cut them into small dice, chop the onion small, and fry it with the kidney and butter for 5 or 6 minutes; add the water, pepper, and salt, and simmer very gently for 1 $\frac{1}{2}$ hours; mix the arrowroot with a spoonful of cold stock or water, and stir into the sauce until it is nicely thickened, then strain, and serve.

Time—About 1 hour and 35 minutes.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1072.—SAUCE (Maître d'Hôtel).*Ingredients—*

$\frac{1}{2}$ pint veal stock, 1 dessert-spoonful finely-minced parsley, 1 oz. butter, 1 dessert-spoonful flour, juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Melt the butter in a small saucepan, dredge in the flour, and stir until a smooth, white thickening is formed; take great care that it does not colour. Add the stock very gradually, stirring all the time, and letting the sauce boil up as each portion is added. Put in the parsley, lemon juice, pepper, and salt, stir well, and serve.

*Time—*10 or 12 minutes.

Sufficient for $\frac{1}{2}$ pint of sauce.

No. 1073.—SAUCE (Piquante).*Ingredients—*

1 table-spoonful minced onion, 1 table-spoonful vinegar, $\frac{1}{2}$ pint beef or veal stock, 1 dessert-spoonful chopped gherkins, seasoning cayenne and salt.

Method—

Boil the onion and vinegar together for 3 or 4 minutes, add the stock and boil all quickly for 15 minutes, then add the chopped gherkins and a seasoning of salt and cayenne, stir well, and serve.

*Time—*Altogether, about 20 minutes.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1074.—SAUCE (Robert).*Ingredients—*

2 small onions, 1 oz. butter, 1 dessert-spoonful vinegar, $\frac{1}{2}$ pint veal or beef stock, 1 small tea-spoonful mixed mustard.

Method—

Cut the onions into dice, and fry them in the butter for 7 or 8 minutes, taking care that they do not burn. Put in the vinegar, and let it boil for 2 minutes; add the stock, and simmer for 10 minutes; then skim well and boil it

quickly for another 10 minutes over a sharp fire, to reduce it slightly. Add the mustard, mix well, strain, and serve.

*Time—*Altogether, 30 minutes.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1075.—SAUCE (Russian).*Ingredients—*

4 oz. shin of beef, 2 oz. lean ham, $\frac{1}{2}$ carrot, $\frac{1}{2}$ onion, 1 small sprig parsley, $\frac{1}{2}$ oz. butter, 6 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 pint water, 1 tea-spoonful red currant jelly, 1 tea-spoonful arrowroot.

Method—

Cut the beef and ham into small squares, and put them with the butter in a saucepan. Set it over the fire, and let them cook for 5 or 6 minutes, constantly turning and moving the meat; then add the carrot and onion, both cut up into several pieces, the parsley, seasoning, and the water. Let all stew gently for 2 hours. At the end of that time strain the stock through a fine sieve into a clean saucepan, removing all the fat possible, and boil rather quickly until reduced to $\frac{1}{2}$ pint. Rub the arrowroot into the red currant jelly with a spoon, thus forming a smooth paste, and add this to the stock. Simmer altogether for 7 minutes, stirring often. The sauce should be of a reddish-brown colour, slightly thick and semi-transparent. It is then ready for use when directed.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1076.—SAUCE (Tartar).*Ingredients—*

Mayonnaise No. 784, 2 tea-spoonfuls finely-chopped gherkins, $\frac{1}{2}$ tea-spoonful minced cschalots, 1 tea-spoonful chopped capers, $\frac{1}{2}$ tea-spoonful mustard, seasoning pepper and salt.

Method—

Make the mayonnaise as directed, and when quite finished stir in very thoroughly all the other ingredients and the seasoning, mix well, and serve.

Time—35 to 45 minutes.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1077.—SAUCE (Tournée).*Ingredients—*

$\frac{1}{2}$ pint veal stock, 1 oz. butter, 1 small dessert-spoonful flour, seasoning pepper and salt, 2 oz. button mushrooms, 3 or 4 young spring onions.

Method—

Clean the mushrooms with a small piece of new flannel dipped in salt, and cut the onions up finely, and stew them with the stock for 30 minutes, then strain off the stock. Melt the butter in a small stewpan, dredge in the flour, stirring all the time until a smooth, white thickening is formed, and taking care not to let it colour. Stir in the strained stock, gradually letting the sauce boil up as each portion is added. Simmer until nicely thickened, then season with pepper and salt, and serve.

Time—To stew mushrooms and onions, 30 minutes.

To make sauce, 10 or 12 minutes.

Sufficient for $\frac{1}{2}$ pint sauce.

No. 1078.—SAUSAGES (Fried).*Ingredients—*

1 lb. sausages, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint brown gravy.

Method—

Prick the sausages with a fork, and put them, with the butter, into a frying-pan. Fry them very crisply, moving them constantly, so that they are equally browned in every part. Serve on a

very hot dish with the gravy poured round, or stand them round a small mound of mashed potatoes, and send the gravy to table in a tureen.

Time—About 10 minutes.

Sufficient for 3 or 4 persons.

No. 1079.—SAUSAGE ROLLS.*Ingredients—*

$\frac{1}{2}$ lb. sausage meat, puff crust No. 400, made with 8 oz. flour, and other ingredients in proportion, 1 egg.

Method—

Make the crust as directed, and divide it into 8 pieces, roll it out into 8 squares of 4 or 5 inches. Put a little roll of sausage-meat in the middle of each, fold over the paste, pinch the edges together, brush the rolls over with egg beaten and strained, and bake in a rather hot oven. Serve hot on a very white napkin, garnished with parsley.

Time—20 to 30 minutes.

Sufficient for 8 sausage rolls.

No. 1080.—SAVOURIES (Remarks on).

Savouries should be simple, and they should be *savoury*, not *sweet*, and certainly not both mixed together, as when anchovies are served with cream.

The idea of a savoury is to leave a clean taste in the mouth, and the materials should be chosen with that object in view. Anchovies, in various forms, provide a large choice, and soft roes on toast, cheese soufflés, or toasts and olives prepared in different ways will usually be found acceptable. The perfection of the savoury depends largely on the little croûton which is used as a foundation, and too much care cannot be taken in its preparation. Let your savouries be invariably *hot*.

No. 1081.—SCALLOPS (Fried).*Ingredients—*

6 scallops, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Trim the fish, removing beards and black parts. Boil them for 5 or 6 minutes, then drain, and egg and breadcrumb them carefully. Arrange them in a frying-basket, and fry a golden brown. Turn them on to kitchen paper to drain, and serve very hot on a hot napkin, garnished with fried parsley.

Time—To boil, 5 or 6 minutes.

To fry, 7 or 8 minutes.

Sufficient for 2 or 3 persons.

No. 1082.—SCALLOPS (au Gratin).*Ingredients—*

6 scallops, 2 oz. breadcrumbs, 2 oz. butter, seasoning pepper and salt.

Method—

Trim the fish, removing beards and black parts, and boil them for 10 minutes; drain them, and put 3 in the bottom of a small, deep pie-dish. Cover them with crumbs and a seasoning of pepper and salt, and dot half the butter over them; then put in the other scallops, cover again with breadcrumbs, season as before, and put the butter over. Bake in a moderate oven, but brown the top nicely before serving.

Time—To boil, 10 minutes.

To bake, 25 to 30 minutes.

Sufficient for 2 or 3 persons.

No. 1083.—SCOTCH BROTH.*Ingredients—*

2 or 3 lbs. of bones, 2 oz. of barley, 2 carrots, 1 turnip, 2 onions, $\frac{1}{2}$ pint shelled green peas, $\frac{1}{2}$ tea-spoonful salt, sprig of parsley, 12 peppercorns, 3 pints water.

Method—

Put the bones, barley, and water in a stewpan with the pepper and salt, and let them boil gently for $2\frac{1}{2}$ hours, then add the vegetables, cut into $\frac{1}{2}$ -inch dice, with the parsley, and let the broth simmer for another hour, put in the peas, and let the broth boil until they are very tender, then pick out the bones, and serve the broth in a well-heated tureen. If time allows, the broth should be allowed to become cold, that any fat may be skimmed off, and re-heated when required. The broth should be well filled with the vegetables and barley.

Time—Altogether, 4 hours.

Sufficient for 4 or 5 persons.

No. 1084.—SEA-BREAM (Baked).*Ingredients—*

1 sea-bream of moderate size, forcemeat No. 535, seasoning salt and cayenne, juice of $\frac{1}{2}$ a lemon, 1 oz. butter, $\frac{1}{4}$ pint brown gravy.

Method—

See that the bream is thoroughly cleansed; fill it with the forcemeat, and tie it up securely. Lay it in a baking dish; strain the lemon juice over it, season it with pepper and salt, and dot the butter in small pieces over the fish. Bake in a moderate oven, basting it 2 or 3 times. Remove the tapes, lay the fish in a very hot dish, pour over it the boiling gravy, and serve immediately.

Time—35 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 1085.—SEA-KALE (Boiled).*Ingredients—*

6 or 7 roots sea-kale, 1 quart water, 1 table-spoonful salt, $\frac{1}{4}$ pint melted butter or cream sauce.

Method—

Well wash the sea-kale, and tie it into small bunches; put it into fast-boiling water, salted, and boil it quickly until tender. Take it up, drain very carefully, untie the bunches, and lay the sea-kale in a very hot dish; pour over it a little well-made, melted butter or sauce, and serve.

*Time—*18 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 1086.—SEED CAKE (Plain).*Ingredients—*

1 $\frac{1}{4}$ lbs. flour, pinch of salt, 1 teaspoonful baking powder, 6 oz. butter or clarified dripping, 6 oz. sugar, $\frac{1}{2}$ oz. caraway seeds, $\frac{1}{2}$ pint milk.

Method—

Mix the baking-powder and salt with the flour, and rub in the butter or dripping; add the seeds and sugar, and mix well. Make the milk warm, but not hot; moisten the cake with it, and beat the mixture for 3 or 4 minutes with a wooden spoon. Half fill a buttered cake-tin with the mixture, and bake it in a moderately quick oven, covering the top with a buttered paper when the cake is half cooked. When done, turn the cake out of the tin, and stand it on its side to cool.

*Time—*1 $\frac{1}{2}$ hours.

Sufficient for 1 good sized cake.

No. 1087.—SEED CAKE (Very Good).*Ingredients—*

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ oz. caraway seeds, 1 oz. candied, finely-chopped citron rind, 4 eggs, $\frac{1}{4}$ pint milk.

Method—

Rub the butter into the flour, add the sugar, seeds, and candied peel, and mix well. Beat and strain the eggs,

add to them the milk, and moisten the cake with these, beat it with a wooden spoon for 3 or 4 minutes, turn it into a well-buttered tin, and bake in a moderately quick oven, covering the top with a buttered paper when the cake is half-cooked.

*Time—*1 $\frac{1}{4}$ hours.

Sufficient for 1 good sized cake.

No. 1088.—SEMOLINA PUDDING.*Ingredients—*

1 pint milk, 1 oz. semolina, 1 oz. butter, 2 oz. sugar, grated rind of $\frac{1}{2}$ a lemon, 2 eggs.

Method—

Have the milk ready, boiling hot, throw in the semolina, and simmer it gently for 20 minutes, stirring it constantly. Add the butter, sugar, and grated lemon rind, mix them well, let it cool a little, add the beaten and strained eggs, pour the mixture into a pie-dish, and bake in a moderate oven for 30 minutes. The eggs may be omitted if a plainer pudding is desired.

*Time—*Altogether, about 40 minutes.

Sufficient for 3 or 4 persons.

No. 1089.—SHORTBREAD.*Ingredients—*

1 lb. flour, 2 oz. sugar, 2 oz. candied orange and citron peel, 8 oz. butter.

Method—

Cut up the candied peel finely, and mix it with the sugar and flour. Make the butter liquid, but not hot, and beat it into the other ingredients until they form a firm paste. Turn this on to a floured board, and roll it out $\frac{3}{4}$ inch thick. Cut it into cakes about 10 inches long and 6 inches wide, ornament the edges, and prick the cake all over with a fork. Decorate the cake with

long strips of candied peel on top, and bake in a good oven, taking great care not to let it become too brown.

Time—20 to 30 minutes.

Sufficient for 2 or 3 cakes of short-bread.

No. 1090.—SHRIMPS (To Boil).

Ingredients—

1 pint shrimps, 1 quart water, 1 table-spoonful salt.

Method—

Have the water salted in the above proportion, boiling fast; throw in the shrimps, and boil them rapidly for 5 or 6 minutes. Drain them, strew them on a very clean cloth to absorb any moisture, and set aside to cool.

Time—5 or 6 minutes.

No. 1091.—SHRIMP PATTIES.

Ingredients—

$\frac{1}{4}$ pint picked shrimps, 2 oz. butter, $\frac{1}{4}$ pint thick cream, 1 large tea-spoonful flour, seasoning pepper and salt, 6 patty-cases No. 907.

Method—

Melt the butter, have ready the picked shrimps, and toss them in the butter over a gentle fire for 7 or 8 minutes. Dredge in the flour, and simmer for 3 or 4 minutes, stirring constantly with a wooden spoon till the mixture becomes smooth and thick; then add the cream, a little at a time, and a seasoning of pepper and salt, simmer 2 minutes. Have ready the hot patty-cases, put a spoonful of the mixture in each, replace the cover, and serve.

Time—About 15 minutes to cook shrimps.

Sufficient for 4 or 5 persons.

No. 1092.—SHRIMP SAUCE.

Ingredients—

$\frac{1}{2}$ pint melted butter No. 227, $\frac{1}{4}$ pint picked shrimps, $\frac{1}{4}$ tea-spoonful anchovy paste, 2 or 3 drops cochineal, seasoning salt and cayenne.

Method—

Have ready the above proportion of melted butter, add the picked shrimps and anchovy paste, heat slowly by the side of the fire, taking care the anchovy paste is well mixed in. Colour a pale pink with 2 or 3 drops of cochineal, season with salt and cayenne, and serve.

Time—15 minutes to heat shrimps.

Sufficient for 5 or 6 persons.

No. 1093.—SKATE (Boiled).

Ingredients—

2 lbs. skate, 2 quarts water, 1 table-spoonful salt.

Method—

Put the skate into boiling water, and simmer it gently until quite tender. Drain it well, and serve on a hot napkin, garnished with parsley and cut lemon.

Time—20 minutes.

Sufficient for 4 or 5 persons.

No. 1094.—SKATE (au Beurre Noir).

Ingredients—

2 lbs. skate, $\frac{1}{4}$ lb. butter, 2 table-spoonfuls parsley, seasoning pepper and salt, 2 table-spoonfuls vinegar.

Method—

Boil the skate as directed in preceding recipe. Melt the butter, and stir it over the fire until nearly black. Add chopped parsley and vinegar, and boil it for 2 minutes. Place the fish on a very hot dish, pour the sauce over, and serve.

Time—20 minutes.

Sufficient for 3 or 4 persons.

No. 1095.—SMELTS (Fried).*Ingredients—*

2 dozen smelts, 1 egg, fine bread-crumbs, boiling fat for frying.

Method—

See that the smelts are exceedingly fresh. Wash them and dry them in a very clean cloth. Dip them in egg, and cover them with fine breadcrumbs. Put them in a frying-basket, plunge it into a saucepan of boiling fat, and fry the smelts a delicate golden-brown. Turn them on to kitchen paper to drain, and dish them on a hot napkin, garnished with fried parsley.

Send melted butter and a cut lemon to table with them.

*Time—*5 or 6 minutes.

Sufficient for 3 or 4 persons.

No. 1096.—SMELTS (au Gratin).*Ingredients—*

1 doz. smelts, 1 oz. fresh bread-crumbs, 1 oz. butter, juice of 1 lemon, seasoning salt and cayenne.

Method—

Wash and dry the smelts, and arrange them in a fire-proof baking-dish, sprinkle the breadcrumbs over them, season with pepper and salt and strained lemon juice; dot the butter in little pieces on top, and bake in a good oven. Serve in the dish they were baked in, placed on a serviette in another dish.

*Time—*10 or 12 minutes.

Sufficient for 2 or 3 persons.

No. 1097.—SNIPE (Roast).*Ingredients—*

1 brace snipe, 2 slices toast, clarified dripping for basting, $\frac{1}{2}$ pint brown gravy.

Method—

Let the birds be plucked, but not drawn; flour them, and place a slice of toast under each; roast them in front of a good fire, or in a rather quick oven, basting them continually with plenty of clarified dripping. Five minutes before serving, dredge the birds again with flour, and baste until they are nicely browned and frothed. Spread the trails over the pieces of toast, dish the birds on them, pour a little of the gravy round, and send the rest to table in a tureen.

*Time—*15 to 18 minutes.

Sufficient for 2 or 3 persons.

No. 1098.—SNOW CAKE.*Ingredients—*

$\frac{1}{4}$ lb. arrowroot, $\frac{1}{4}$ lb. flour, 6 oz. sugar, 6 oz. butter, the whites of 3 eggs.

Method—

Beat the butter to a cream with a wooden spoon; dredge in gradually the arrowroot, flour, and sugar, beating all the time. Beat the whites of eggs to as stiff a froth as possible, stir them into the mixture, and beat it for 3 or 4 minutes. Half fill a buttered cake-tin, and bake the cake very carefully in a moderate oven, covering the top with a buttered paper.

*Time—*1 hour.

Sufficient for 1 cake of moderate size.

No. 1099.—SNOW PUDDING.*Ingredients—*

3 table-spoonfuls jam, 3 oz. bread-crumbs, 1 oz. sugar, 2 eggs, $\frac{1}{2}$ pint milk, 1 pinch salt.

Method—

Spread the jam at the bottom of a pie-dish, cover it with breadcrumbs; break the eggs, carefully separating the

yolks from the whites ; beat and strain the yolks, add to them the milk and sugar, pour this into the dish, and bake in a gentle oven for 1 hour ; then beat the whites to as stiff a froth as possible, adding a pinch of salt ; spread them over the top of the pudding, and put it back in a cool oven until just set.

Time—About 1 hour and 10 minutes.

Sufficient for 3 or 4 persons.

No. 1100.—SODA CAKE.

Ingredients—

1 $\frac{1}{4}$ lbs. flour, 6 oz. butter, 6 oz. sugar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ tea-spoonful grated nutmeg, $\frac{1}{2}$ oz. candied peel, 1 small tea-spoonful carbonate of soda, $\frac{1}{2}$ pint milk.

Method—

Rub the butter into the flour, wash, pick, and dry the currants ; shred the candied peel finely, and add these with nutmeg, sugar, and soda to the butter and flour. Mix all well and moisten it with the milk, which should be warmed. Beat the cake for 5 minutes, then put it into a well-buttered cake-tin, and bake it in a moderate oven, covering the top with a buttered paper when half done.

Time—1 $\frac{1}{2}$ hours.

Sufficient for 1 good sized cake.

lemon. Send melted butter or shrimp sauce to table with them.

Very small soles are not suitable for boiling, and large soles are to be preferred to those of moderate size for this mode of cooking.

Time—10 to 15 minutes, according to size.

Sufficient for 2 or 3 persons.

No. 1102.—SOLES (With Cream).

Ingredients—

1 pair soles, $\frac{1}{4}$ pint milk, $\frac{1}{4}$ pint thick cream, seasoning salt and cayenne, juice of $\frac{1}{2}$ a lemon, small $\frac{1}{2}$ tea-spoonful arrowroot, $\frac{1}{2}$ oz. butter.

Method—

Wash, clean, and fillet the soles ; roll up each fillet neatly, and tie it with tape ; put them into cold water, bring slowly to the boil, and boil for 5 minutes ; then put them into a fresh saucepan, cover them with the milk and cream, and simmer them gently for 10 minutes. Mix the arrowroot smoothly with the lemon juice, add them to the sauce, and stir until it is nicely thickened ; add the butter and a seasoning of salt and cayenne, and mix well. Dish the fillets neatly, remove the tapes, strain carefully a little of the sauce over each, and serve very hot.

Time—15 minutes.

Sufficient for 3 or 4 persons.

No. 1101.—SOLES (Boiled).

Ingredients—

1 large or 2 medium sized soles, $\frac{1}{2}$ gallon water, 1 table-spoonful salt, $\frac{1}{4}$ pint melted butter or shrimp sauce.

Method—

Put on the soles in cold water (salted), bring slowly to the boil, and simmer them gently until tender. Take them up, drain them, and serve on a hot napkin, garnished with parsley and cut

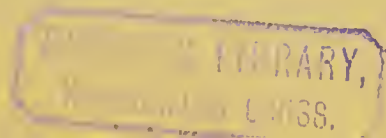
No. 1103.—SOLES (à la Dieppoise).

Ingredients—

1 pair soles, $\frac{1}{2}$ pint mussel sauce No. 812.

Method—

Cleanse, wash, and fillet the soles ; roll up the fillets neatly and tie them with tape, put them on in cold water, bring it slowly to the boil, and simmer them gently until quite tender ; take them up, drain them, and remove the



tapcs. Have ready the mussel sauce. Dish the fillets neatly, pour the sauce over, and serve very hot.

Time—To simmer, 8 to 10 minutes.

Sufficient for 3 or 4 persons.

No. 1104.—SOLES (Fried).

Ingredients—

1 large or 2 medium sized soles, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Skin the soles, wash them carefully, and dry them thoroughly in a clean cloth. Brush them over with egg, and cover them with breadcrumbs; have ready a pan of boiling fat, put in the soles, and fry them a golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley and cut lemon. Send melted butter to table with them.

Time—7 to 10 minutes, according to size.

Sufficient for 2 persons.

No. 1105.—SOLES (Filleted, Fried).

Ingredients—

1 pair soles, 1 egg, breadcrumbs, boiling fat for frying, $\frac{1}{2}$ pint melted butter or cream sauce.

Method—

Fillet the fish, divide each fillet in half, and egg and breadcrumb it carefully. Arrange the fillets in a frying-basket, plunge them into a saucepan of boiling fat, and fry them a delicate brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with parsley and cut lemon.

Send melted butter or cream sauce to table with them.

Time—7 or 8 minutes.

Sufficient for 4 or 5 persons.

No. 1106.—SOLE (au Gratin).

Ingredients—

1 large sole, 1 oz. butter, 1 table-spoonful breadcrumbs, 1 tea-spoonful chopped parsley, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{4}$ tea-spoonful mixed pepper and salt.

Method—

Lay the sole in a baking-tin nearly the same size as the fish; put the butter in small pieces on it, sprinkle over the breadcrumbs, parsley, pepper, and salt, and squeeze the lemon juice over all, taking care that the fish is equally covered. Bake it in a gentle oven for about 15 minutes, dish it on a very hot dish, straining the sauce in the bottom of the tin, round but not over the fish, and serve immediately.

This is an excellent dish for invalids, and very easily prepared. Should it be intended for only one person a smaller sole can be used, and half the quantity of the other ingredients. Ten minutes will suffice to cook it in that instance.

Time—10 to 15 minutes.

Sufficient for 2 or 3 persons.

No. 1107.—SOLES (Filleted, au Gratin).

Ingredients—

2 small soles, 1 oz. butter, seasoning pepper and salt, 2 table-spoonfuls breadcrumbs.

Method—

Fillet the soles, which will provide 8 fillets between them. Dip each fillet into the seasoning and breadcrumbs, and roll it up, tying a small piece of string round to secure the ends. Stand the rolls in a small baking-tin, divide the butter into 8 pieces, and put 1 on each fillet. Bake them in a gentle oven until tender, then take them up, cut off the string, and serve on a very hot dish, garnished with parsley and cut lemon. There

will be a little sauce from the fish, which should be poured round the fish.

Time—10 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 1108.—SOLE (à la Meunière).

Ingredients—

1 sole, 1 tea-spoonful finely-minced onion, juice of 1 lemon, seasoning salt and cayenne.

Method—

Cleanse and skin the sole, and score it across on both sides, cutting nearly to the bone. Rub it with the salt and onion, flour it, and broil it over a clear fire for 3 or 4 minutes on each side. Then put the sole in a baking-dish, put the butter on it in small pieces, strain the lemon juice over it, season with a little salt and cayenne, and bake in a good oven for 3 minutes. Serve on a very hot dish, and strain the liquor from the tin round.

Time—10 or 12 minutes.

Sufficient for 1 or 2 persons.

No. 1109.—SOLES (à la Rochfort).

Ingredients—

1 pair of soles, $\frac{1}{4}$ pint shelled shrimps, 1 oz. butter, 1 dessert-spoonful breadcrumbs, seasoning salt and cayenne.

Method—

Fillet the soles, pound the shrimps in a mortar with 1 oz. butter and the breadcrumbs, and a seasoning of salt and a little cayenne; mix well, and spread a thin layer of the mixture on each fillet. Roll the fillets up neatly, and fix them with a metal skewer; egg and breadcrumb them carefully, and arrange them in a frying-basket. Plunge the basket into a saucepan

of boiling fat, and fry the fillets a delicate golden-brown.

Time—7 or 8 minutes.

Sufficient for 3 or 4 persons.

No. 1110.—SOLES (à la Windham).

Ingredients—

1 pair of soles, $\frac{1}{2}$ pint béchamel sauce No. 137, $\frac{1}{2}$ pint green peas (cooked), seasoning pepper and salt.

Method—

Cleanse, wash, and fillet the soles, roll up the fillets neatly, and tie them with tape. Put the fillets into cold water, bring slowly to the boil, and boil them for 3 minutes. Drain them, and have ready the béchamel very hot; put in the fillets, and simmer them for 10 minutes, then add the peas, freshly boiled, season with pepper and salt, and mix well. Dish the fillets neatly, remove the tapes, pour the sauce over, and serve very hot.

Time—13 minutes.

Sufficient for 3 or 4 persons.

No. 1111.—SOUFFLÉ (Sweet).

Ingredients—

1 pint milk, 3 oz. fine flour, $1\frac{1}{2}$ oz. butter, 2 oz. pounded sugar, grated rind of $\frac{1}{2}$ a lemon, 4 eggs.

Method—

Prepare a soufflé mould (an ordinary cake-tin will do) by buttering it inside, and fixing a band 5 or 6 inches deep of buttered paper round the top so as to protect the soufflé when it rises above the top of the tin. Mix the flour to a smooth batter with two or three spoonfuls of the milk. Heat the rest to boiling-point, and mix it gradually with the flour, stirring vigorously with a wooden spoon. Return the mixture to the saucepan and continue stirring

over a gentle fire for a few minutes until it is very thick. Then take the saucepan off and stir in the butter, sugar, lemon rind, and the beaten and strained yolks of the eggs. Whisk the whites to as stiff a froth as possible, mix them gently, but thoroughly, with the soufflé mixture, pour it into the tin, and bake it in a moderate oven. Do not open the door of the oven for 10 minutes after the soufflé is put in or it will not rise properly. Serve immediately it is taken out.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1112.—SOUPS (Remarks on).

Directions for soup wherever possible have been given for small quantities, as the ingredients can easily be doubled when more is required.

Many persons are under the impression that good soup cannot be made without fresh meat. If the recipes given are carefully followed, I think it will be found that this idea is a mistaken one, and that extremely palatable soups may be made of the bones and trimmings of joints, uncooked bones being especially valuable.

The principal points to be remembered are, to bring soup slowly to boiling point, and to *simmer* it gently, but continuously, for 4 or 5 hours, then immediately to strain off the stock through a fine sieve, and to set it aside until quite cold so that all the fat may be easily removed. If any fat is left in the stock, clearing is impossible. Sherry should be used only in small quantities. Clear soup is often served which tastes dangerously like hot sherry and water, and this is a most objectionable start to a dinner, and quite sufficient to spoil any one's appetite. Sherry of fairly good quality should be used. Raw, fiery "cooking sherry" is quite unsuitable, and the soup is much to be preferred without any wine at all.

Thick soups must be carefully passed through a fine sieve and heated afresh. They must be rich and thick, but not so solid as to set in the plate. Except for milk soups arrowroot is much to be preferred as thickening to flour. An ounce of butter stirred into vegetable soups just before serving greatly improves their flavour.

No. 1113.—SOUP (Good, from Bones).

Ingredients—

1 quart stock No. 1125, or No. 1126, 2 table-spoonfuls mushroom ketchup, 1 large tea-spoonful arrowroot, seasoning pepper and salt, few drops of browning.

Method—

Remove all the fat, and heat the stock to boiling point; mix the mushroom ketchup and arrowroot smoothly, and add them to the boiling stock, stirring well; simmer the stock for 5 or 6 minutes until the soup is slightly thickened and looks bright, season with pepper and salt; add a few drops of browning to improve the colour if necessary, and serve.

Time—5 or 6 minutes to finish soup.

Sufficient for 3 or 4 persons.

No. 1114.—SOUP (Clear).

Ingredients—

1 quart stock, No. 1127, whites and shells of 2 eggs, 2 table-spoonfuls sherry, seasoning pepper and salt.

Method—

Remove all the fat from the stock, and wash the top, with a very clean cloth wrung out of boiling water, to remove every particle of fat. Beat the whites and crushed shells of the eggs with $\frac{1}{4}$ pint cold stock; put them with the rest of the stock (carefully leaving behind all sediment) and the sherry in a saucepan, and heat to boiling point,

stirring occasionally. Let it simmer for 10 minutes, but do not stir again after boiling has commenced. Strain the soup through a jelly-bag, wrung out of boiling water, pouring through a second time what first runs out, should it not look bright and clear. Heat the soup afresh in a delicately clean saucepan, season with pepper and salt, and serve.

The bone stocks, No. 1125 and No. 1126, can also be cleared by this recipe, and though they will not look as bright, or taste quite so well, as clear soup from fresh meat, they are very palatable, and are useful as a change from the ordinary soup from bones.

Time—10 minutes to simmer stock.

Sufficient for 3 or 4 persons.

No. 1115.—SPINACH (Boiled).

Ingredients—

3 lbs. spinach, $\frac{1}{2}$ pint water, 1 teaspoonful salt, 1 oz. butter, seasoning pepper and salt.

Method—

Pick the spinach carefully, and wash it very thoroughly in three waters. Put it into a large saucepan with a little boiling water (salted). Keep pressing it down with a wooden spoon, and boil it until quite tender. Turn it into it a colander and press it down until quite dry, then turn it on to a board and chop it very finely. Return it to the saucepan, add the butter and a seasoning of pepper and salt, and stir over the fire until very hot. Dish neatly in a very hot dish, and serve immediately.

Time—To boil spinach, 10 minutes. To stir over the fire, 5 minutes.

Sufficient for 4 or 5 persons.

No. 1116.—SPINACH (Dressed with Cream).

Ingredients—

3 lbs. spinach, 1 oz. butter, $\frac{1}{4}$ pint thick cream, seasoning pepper and salt.

Method—

Prepare and boil the spinach by preceding recipe, wring it very dry in a cloth, and chop it finely. Return it to the saucepan with the cream, butter, and a seasoning of pepper and salt. Stir it over a gentle fire until nearly all the cream is absorbed, taking care the spinach does not burn. Arrange it in a dome shape in a very hot dish, and serve immediately.

Time—20 minutes to boil the spinach, 5 or 6 minutes after the cream is added.

Sufficient for 4 or 5 persons.

No. 1117.—SPINACH (à la Française).

Ingredients—

3 lbs. spinach, 1 oz. butter, $\frac{1}{4}$ pint veal stock No. 1129, seasoning pepper and salt.

Method—

Prepare and boil the spinach by recipe No. 1115, wring it very dry in a cloth, and chop it finely. Return it to the saucepan with the veal stock, butter, and a seasoning of pepper and salt. Stir it over the fire until the spinach is nearly dry, taking care it does not burn, arrange in a dome shape on a very hot dish, and serve immediately.

Time—20 minutes to boil spinach, 10 minutes after stock is added.

Sufficient for 4 or 5 persons.

No. 1118.—SPONGE CAKE.

Ingredients—

6 eggs, $\frac{3}{4}$ lb. sugar, 6 oz. flour, grated rind of 1 lemon.

Method—

Break the eggs, carefully dividing the yolks from the whites. Beat the yolks and strain them into a basin; beat in the sugar, place the basin in another containing very hot water, and beat the mixture until it is a little warm and

thick, then dredge in the flour very gradually, beating constantly until all is added. Lift out the basin, whisk the whites to a stiff froth, add them to the mixture, stir in the grated lemon rind, mix well, and turn into a buttered cake-tin. Bake carefully in a moderately quick oven.

Time—1 hour.

Sufficient for 1 good sized cake.

No. 1119.—SPONGE CAKES (Small).

Ingredients—

4 eggs, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. flour, grated rind of $\frac{1}{2}$ a lemon.

Method—

Proceed exactly as in preceding recipe. When the mixture is ready put a large table-spoonful into each compartment of a well-buttered sponge cake-tin; sprinkle a little sifted sugar over, and bake in a moderately quick oven. When cooked, turn them out of the tin and put them in a cool place to become quite cold, then put them away in a tin canister.

Time—20 minutes.

Sufficient for 12 sponge cakes.

No. 1120.—SPRATS (Broiled).

Ingredients—

1 lb. sprats, a little flour.

Method—

Run a skewer through the eyes of the sprats and flour them lightly. Heat the gridiron, rub the bars with a small piece of suet, and grill the sprats over a clear fire, turning them when half done. Serve on a hot napkin, garnished with parsley and cut lemon, and send a cut lemon to table with them.

Time—4 or 5 minutes.

Sufficient for 3 or 4 persons.

No. 1121.—SPRATS (Fried in Batter).

Ingredients—

1 lb. sprats, frying batter No. 123, boiling fat.

Method—

Dry the sprats in a clean cloth. Have ready the frying-basket in a saucepan of boiling fat, dip the sprats into the batter, drop them into the fat, and fry a delicate golden-brown; drain them very thoroughly, turning them on to kitchen paper to absorb the remaining grease. Serve on a hot napkin, garnished with fried parsley and cut lemon.

Time—4 or 5 minutes.

Sufficient for 3 or 4 persons.

No. 1122.—STEAK AND OYSTER PIE.

Ingredients—

$1\frac{1}{2}$ lbs. rump steak, 18 oysters, 3 eggs, 1 table-spoonful flour, 1 tea-spoonful salt, $\frac{1}{4}$ tea-spoonful ground black pepper, $\frac{1}{4}$ pint stock or water, puff crust No. 400, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Open the oysters carefully, wash them in their own liquor, put them in a lined saucepan, strain the liquor over them, and heat them very gently to boiling point, but do not let them boil or they will be hard, then turn them into a basin and strain the liquor on to them. Boil 2 of the eggs for 10 minutes, lay them in cold water to cool, and shell them; have the steaks cut about 1 inch thick, slice them across the meat in $\frac{1}{4}$ -inch strips, and divide these into pieces 3 or 4 inches long. Mix the flour, pepper, and salt on a plate, dip each piece of steak into the mixture and roll it up. Have ready a pie-dish with a small cup or jar in the centre, fill the dish with the rolls of meat, and the oysters in alternate layers, slice the

eggs, lay them round the edge, and pour in the oyster liquor and stock or water. Roll out the paste, cut a thin strip, and lay it round the edge of the dish, which must previously be moistened; roll out the cover, place it on top, and ornament the edges neatly. Beat and strain the egg, brush over the pie with it, and bake in a good oven, covering the top with a buttered paper as soon as it has taken a nice colour.

Time—1½ hours.

Sufficient for 5 or 6 persons.

NO 1123. — STEAK AND OYSTER PUDDING.

Ingredients—

1½ lbs. rump steak, 18 oysters, 1 table-spoonful flour, 1 tea-spoonful salt, ¼ tea-spoonful ground black pepper, ¼ pint stock or water, suet crust No. 404, made with 1 lb. flour, and other ingredients in proportion.

Method—

Open the oysters carefully, wash them in their own liquor, then put them in a lined saucepan, strain the liquor over them, and heat them very gently to boiling point (do not let them boil or the oysters will become hard), then turn them into a basin, and strain the liquor on them. Cut the steak into strips, 2 or 3 inches long and 2 inches broad, leaving a little fat on some of the pieces. Mix the flour, pepper, and salt on a plate. Line a buttered pudding-basin with the crust, dip each piece of steak in the seasoning, roll it up, and lay it in the basin, putting in 4 or 5 oysters between each layer of steak. Fill the pudding in this manner, pour in the oyster liquor and water, and fit in the cover of crust, pressing the edges together. Tie a floured cloth over the top, and plunge the pudding into plenty of boiling water. Be very careful not to let the pudding go off the boil until cooked, and fill up

the saucepan from time to time with boiling water from the kettle, if necessary. When ready to serve, take off the cloth, pin a very clean napkin round the basin, and serve at once.

Time—10 minutes to plump the oysters.

4 hours to boil pudding.

Sufficient for 5 or 6 persons.

NO. 1124.—STOCK (Remarks on).

In every recipe for doing-up meat, it will be observed that stock is mentioned as preferable to water. It is better to use stock which is prepared rather than to make a hasty gravy from the trimmings of the meat to be done up. To have a sufficient supply for this, as well as for soup, necessitates some care and trouble, but is not necessarily a large expense. If the bones and trimmings of meat and game are carefully set aside and boiled down while fresh, with some good vegetables, a constant order for gravy meat from the butcher's can be easily avoided. Raw bones can also be substituted with good effect. The stock, however, must be freshly made, and poured off, and the saucepan *cleaned out*. The odious and dirty practice of adding good and fresh meat to the refuse of a week's stock-pot is as unwholesome as it is wasteful. The original stock has often become tainted, and the whole is spoilt. It should be a standing rule that the stock is never left *a night* in the stewpan; 5 or 6 hours' gentle simmering will draw out all the good from soup and vegetables, and they are then done with, and should be disposed of after the stock has been carefully strained off.

It should also be borne in mind that the stock-pot is not intended as a receptacle for every oddment the larder may furnish; pieces of bread, fat, etc., do *not* improve the flavour or quality of stock. On the other hand, much may

be done by a careful cook to improve the stock by materials at hand. The water in which a delicate-flavoured vegetable, such as asparagus, has been boiled, should be set aside in a clean basin, and used when cold, instead of plain water. Bones of game are valuable, however small, and should be used separately as a foundation for game gravy.

No. 1125.—STOCK (From Bones).

Ingredients—

3 or 4 lbs. bones, 1 rasher of bacon, 2 oz. good dripping, 2 carrots, 2 onions, 1 turnip, $\frac{1}{2}$ head celery, 2 or 3 sprigs parsley and thyme, 1 tea-spoonful salt, 12 peppercorns, 2 quarts boiling water.

Method—

Melt the dripping in a stewpan; cut the bacon and onions in dice, and fry them for 5 or 6 minutes, taking care they do not burn; add the bones, and pour in the boiling water. Skim carefully, then put in the rest of the vegetables, cut in dice, and the seasoning. Simmer gently for 5 hours, skimming carefully from time to time. Strain the stock through a fine sieve, and set it aside to cool.

Time—5 or 6 minutes to fry bacon and onions.

5 hours to simmer stock.

Sufficient for 3 pints of stock.

No. 1126.—STOCK (From Bones, another Recipe.)

Ingredients—

3 or 4 lbs. bones, 2 carrots, 2 onions, 1 turnip, $\frac{1}{2}$ head celery, 2 or 3 sprigs parsley and thyme, 12 peppercorns, 1 tea-spoonful salt, 2 quarts cold water.

Method—

Wash and peel the vegetables, and cut them in dice; put them with the

bones and seasoning into a stewpan, and pour on the water. Heat all slowly to boiling point, and boil gently for 5 hours, skimming carefully from time to time; then strain it through a fine sieve, and set aside to cool.

Time—5 hours.

Sufficient for 3 pints of stock.

No. 1127.—STOCK (Good, Ordinary).

Ingredients—

1 lb. leg of beef, 1 lb. neck of veal, 1 rasher of ham or bacon, 1 oz. butter, 2 carrots, 2 onions, a sprig of parsley and thyme, $\frac{1}{2}$ head celery (if procurable), 1 tea-spoonful salt, 12 peppercorns, 2 quarts boiling water.

Method—

Melt the butter in a stewpan; cut the ham or bacon in dice, and the meat in slices, and stir them over a slow fire for 8 or 10 minutes until the meat is equally browned, moving them about with a wooden spoon that they may not burn; then add the bones of the meat and the boiling water. Skim carefully; have ready the vegetables, carefully washed, peeled, and cut into dice; add them with the seasonings, and simmer the stock for 5 hours, keeping it well skimmed. Strain through a fine sieve, and set aside to cool.

Time—About 10 minutes to brown meat.

5 hours to simmer stock.

Sufficient for 3 pints of stock.

No. 1128.—STOCK (For Game Gravies).

Ingredients—

Carcass of 1 or 2 birds, 1 carrot, 1 onion, $\frac{1}{2}$ oz. butter, sprig of parsley, 4 peppercorns, pinch of salt, $1\frac{1}{2}$ pints water.

Method—

Remove the black, spongy substance from the inside of the bird or birds, as it would impart a bitter flavour to the stock. Cut each carcass in several pieces, melt the butter, cut the onion in dice, and fry it with all the bones and any trimmings that may be left for 3 or 4 minutes. Then add the carrot, cut in dice, parsley, pepper, salt, and water, and stew all gently for $1\frac{1}{2}$ hours, skimming carefully from time to time. Strain through a fine sieve, and set aside to cool.

Time— $1\frac{1}{2}$ hours.

Sufficient for $\frac{3}{4}$ pint stock.

No. 1129.—STOCK, VEAL.*Ingredients—*

3 lbs. leg or neck of veal, 1 oz. butter, 2 carrots, 2 onions, a sprig of parsley and thyme, 12 peppercorns, 1 teaspoonful salt, 2 quarts boiling water, $\frac{1}{2}$ pint cold water.

Method—

Melt the butter in a stewpan, cut the meat in small pieces, and stir them over a slow fire for 8 or 10 minutes until the meat is equally browned, moving them about with a wooden spoon that they may not burn; then add the bones of the meat and the boiling water, and skim carefully, adding the cold water, a tea-cupful at a time, to encourage the throwing-up of the scum; when no more scum appears, put in the vegetables, washed, peeled, and cut in dice, and the seasonings; simmer all 5 hours, strain through a fine sieve, and set aside to cool.

*Time—*10 minutes to brown meat.
5 hours to simmer stock.

Sufficient for 3 pints of stock.

No. 1130.—STRAWBERRY JAM.*Ingredients—*

12 lbs. ripe strawberries, 6 lbs. preserving sugar, 1 oz. isinglass.

Method—

Remove the stalks, rejecting all unsound fruit. Put the strawberries and sugar into a large bowl in alternate layers, and leave them for 12 hours. Turn them into a copper preserving-pan and boil them for 1 hour; try a little on a plate, and a few minutes before it sets put $\frac{1}{2}$ pint of the jam into a saucepan, stir into it the isinglass until melted, then add it to the rest of the jam and stir thoroughly; this will ensure the jam being firm. Pour it into pots, and tie down whilst hot.

Sufficient for about 14 lbs. jam.

No. 1131.—STRAWBERRY JELLY.*Ingredients—*

18 strawberries, 1 quart clear wine jelly No. 243, or No. 670.

Method—

Remove the stalks from the strawberries. Have a jelly-mould with 6 knobs, into each of which very gently press a strawberry, pour in a little jelly sufficient to form a setting for the fruit, and let set. When it is firm add more jelly to the depth of 1 inch. Let that set. Then lay in 4 or 5 strawberries, pour in a little more jelly, but very carefully, or the fruit will float out of the knobs. Add fruit and jelly alternately in this manner until the mould is full. The filling of the mould must be effected extremely gradually, or the fruit will not be evenly distributed throughout the jelly. Care must also be taken that the fruit is not placed too closely together or the jelly will appear dull and heavy when turned out. In warm weather it is almost imperative to keep the mould on ice, or the jelly will not be firm.

If ice cannot be obtained an extra $\frac{1}{2}$ oz. of isinglass must be used.

Sufficient for 1-quart mould.

No. 1132.—STRAWBERRY TARTLETS.*Ingredients—*

1 lb. strawberries, 3 oz. sugar, $\frac{1}{4}$ pint water, $\frac{1}{4}$ oz. isinglass, $\frac{1}{2}$ tea-spoonful arrowroot, a few drops of cochineal. Crust No. 402 or No. 403, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Butter some patty-pans, line them with crust rolled very thin, decorate the edges neatly, put a small ball of flour and water in each to keep them in shape, and bake them in a hot oven about 15 minutes. Whilst they are cooking, remove the stalks from $\frac{1}{4}$ lb. of the smallest of the strawberries, put them in a lined saucepan with the water, isinglass, and sugar, and simmer until the sugar and isinglass are dissolved. Mix the arrowroot with a spoonful of cold water, and add it to the syrup. Simmer all 3 or 4 minutes until it is slightly thickened and looks transparent, pressing the strawberries slightly against the sides of the saucepan to extract their juice; then strain into a small basin, and colour with cochineal. When the tartlets are done, take out the little balls of paste, and pile 5 or 6 of the uncooked strawberries in each, pour a spoonful of the strawberry syrup over them, and set them aside to cool. Serve cold.

Time—About 15 minutes to bake tartlets, 7 or 8 minutes to make syrup.

Sufficient for 12 tartlets.

No. 1133.—STURGEON (Baked).*Ingredients—*

2 or 3 lbs. sturgeon forcemeat No. 535, juice of $\frac{1}{2}$ a lemon, 2 oz. butter, $\frac{1}{2}$ tea-spoonful mixed herbs, $\frac{1}{2}$ pint brown gravy.

Method—

Let the fish be very thoroughly cleansed, and have the bones removed.

Fill it with forcemeat, and tie it up securely with tape. Place the fish in a baking-tin, sprinkle the herbs, and squeeze the lemon juice over it, dot the butter in small pieces on the top, and bake in a good oven, basting it occasionally. When cooked, place the fish on a very hot dish, remove strings, pour the gravy round, and serve very hot.

Time—About 1 hour.

Sufficient for 4 or 5 persons.

No. 1134.—SUET PUDDING.*Ingredients—*

$\frac{3}{4}$ lb. flour, 4 oz. suet, $\frac{1}{2}$ salt-spoonful salt, $\frac{1}{4}$ pint milk, 2 table-spoonfuls hot water.

Method—

Skin the suet, and shred it very finely, then rub it very thoroughly into the flour, adding the salt. Mix together the milk and hot water, and moisten the pudding with these. Put it into a well-buttered basin, tie it down in a floured cloth, plunge the pudding into a saucepan of boiling water, and be careful that the water does not go off the boil until the pudding is dished. Turn it on to a hot dish, and send cut lemon and sifted sugar or jam to table with it as preferred.

Time—3 hours.

Sufficient for 5 or 6 persons.

No. 1135.—SULTANA CAKE.*Ingredients—*

8 oz. flour, 4 oz. sultanas, 4 oz. castor sugar, 3 oz. butter, 2 eggs, 1 table-spoonful milk.

Method—

Rub the butter into the flour, add the sultanas, picked, and the sugar. Beat the eggs well, strain them, and add the milk to them. Moisten the

cake with these, and beat it for 5 minutes. Line a cake-tin with buttered paper, and pour in the mixture, which should half fill it. Bake in a moderate oven, covering the top with a buttered paper when half done.

Time—About 45 minutes.

Sufficient for a moderate sized cake.

No. 1136.—SWEETBREADS (To Blanch and Prepare).

Method—

Soak the sweetbreads in sufficient warm water to cover them for 2 or 3 hours that all the blood may be drawn out, then drain them. Put them in a saucepan with sufficient boiling water to cover them, and let them boil gently for 7 or 8 minutes. Lay them in cold water for $\frac{1}{2}$ an hour. They are then ready for dressing in any of the following ways.

Time—2 or 3 hours to soak the sweetbreads.

7 or 8 minutes to blanch them.

$\frac{1}{2}$ hour to cool in water.

No. 1137.—SWEETBREADS (Fried).

Ingredients—

1 pair sweetbreads, 1 egg, bread-crumbs, $\frac{1}{2}$ pint veal gravy, boiling fat for frying.

Method—

Prepare and blanch the sweetbreads by recipe No. 1136. When cold, cut them across into slices $\frac{1}{8}$ -inch thick, egg and breadcrumb them carefully, arrange them in the frying-basket, and fry them for 7 or 8 minutes. Drain carefully, and serve on a very hot dish, garnished with fried parsley. Send veal gravy in a sauce-boat to table with them.

Time—7 or 8 minutes.

Sufficient for 4 or 5 persons.

No. 1138.—SWEETBREADS (Roast).

Ingredients—

1 pair sweetbreads, $\frac{1}{2}$ pint veal gravy, $\frac{1}{4}$ lb. butter.

Method—

Prepare and blanch the sweetbreads by recipe No. 1136. When cold, flour them well, lay them on a baking-tin, dot the butter in small pieces on them, and bake them for $\frac{3}{4}$ hour, basting them constantly, and protecting them with a buttered paper when half done. Have ready the veal gravy, boiling hot, dish the sweetbreads on a very hot dish, pour the gravy round them, and serve.

Time— $\frac{3}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 1139.—SWEETBREADS (Stewed in Gravy).

Ingredients—

1 pair sweetbreads, 1 pint veal stock No. 1129, $\frac{1}{4}$ pint cream, 1 tea-spoonful flour, juice of $\frac{1}{2}$ a lemon, seasoning salt and cayenne.

Method—

Prepare and blanch the sweetbreads by recipe No. 1136. When cold, lay them in a saucepan, pour the veal stock on them, and simmer gently for $\frac{3}{4}$ hour. Mix the flour and cream smoothly together and heat them to boiling-point. Strain $\frac{1}{2}$ pint of the veal stock into a fresh saucepan. Mix the boiling cream with it, and simmer them for 3 or 4 minutes until rather thick. Lift out the sweetbreads on to a very hot dish, mix the lemon juice, salt, and cayenne with the sauce, pour it over the sweetbreads, and serve them at once.

Time— $\frac{3}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 1140.—SWISS ROLL.

Ingredients—

3 eggs, 6 oz. pounded sugar, 3 oz. flour, $\frac{1}{4}$ lb. apricot, raspberry, or green-gate jam.

Method—

Break the eggs, separating the yolks and the whites, beat the yolks, first taking out the specks, and dredge in the sugar and the flour, beating all the time. Whisk the whites of the eggs to as stiff a froth as possible, and stir them gently to the mixture, butter a small baking-tin, and pour in the mixture, it should be about $\frac{1}{4}$ inch thick, set it in a moderate oven, and bake 6 or 7 minutes. As soon as slightly firm, take it out, spread jam quickly over it, and roll it up, replace in the oven, and bake another 5 or 6 minutes, sift sugar on, and set aside to cool. Practice will only teach the cook the exact moment at which the cake is ready for rolling; it must not be allowed to get too firm, or it will break as it is rolled; it should be just set enough to handle and no more.

*Time—*Altogether, about 15 minutes.

Sufficient for 4 or 5 persons.

No. 1141.—TAPIOCA PUDDING.

$1\frac{1}{2}$ oz. tapioca, 1 pint milk, 2 oz. sugar, 1 oz. butter, 2 eggs, grated rind of $\frac{1}{2}$ a lemon.

Method—

Wash the tapioca, put it in a lined saucepan with the milk, and boil it gently for 20 minutes. Let it cool for 5 minutes. Beat and strain the eggs, add them to the pudding with the butter, sugar, and lemon rind, stir until the butter is melted, pour the mixture into a buttered pie-dish, and bake in a moderate oven.

*Time—*40 minutes.

Sufficient for 4 or 5 persons.

No. 1142.—TAPIOCA SOUP.*Ingredients—*

1 quart gravy soup No. 616, 2 oz. tapioca.

Method—

Wash the tapioca well, put it in a saucepan with the cold soup, bring gradually to the boil, and let them simmer gently until the tapioca is quite tender, stirring it occasionally, and carefully removing any scum that may rise to the surface. Serve very hot.

*Time—*1 hour to boil gently.

Sufficient for 3 or 4 persons.

No. 1143.—TENCH (Stewed with Wine).*Ingredients—*

Tench, $\frac{3}{4}$ pint stock, $\frac{1}{4}$ pint sherry, 1 tea-spoonful flour, seasoning pepper and salt.

Method—

Clean the fish, lay them in a saucepan, add the stock and sherry, and boil the fish gently for 40 minutes; mix the flour smoothly with a spoonful of cold stock, strain $\frac{1}{2}$ pint of the stock the fish was cooked in into a fresh saucepan, add the flour to this, and stir them over the fire for 3 or 4 minutes until the sauce thickens, season with pepper and salt, dish the tench on a very hot dish, pour the sauce over, and serve.

*Time—*45 minutes.

No. 1144.—TIPSY CAKE.*Ingredients—*

1 medium-sized sponge cake, $\frac{1}{4}$ pint sherry, 1 wine-glassful brandy, custard No. 418, made with 1 pint milk, and other ingredients in proportion, 2 oz. Jordan almonds.

Method—

Pierce the cake in several places with a wooden skewer and pour in the wine and brandy, pour back any that runs out into the dish, and continue doing this until all the liquid is absorbed. Make a custard by recipe No. 416,

pour it hot on the cake, spoonful by spoonful, taking care that every part of the cake is equally covered, and set the cake aside to cool. Blanch the almonds, cut them in length-wise strips, stick them all over the cake, and serve the tipsy cake as cold as possible.

Sufficient for 5 or 6 persons.

No. 1145.—TOAD IN THE HOLE.

Ingredients—

1 lb. cold meat, 2 eggs, 2 table-spoonfuls flour, pinch of salt, $\frac{3}{4}$ pint milk.

Method—

Remove all skin and fat from the meat, and cut it into neat slices. Beat and strain the eggs, mix the flour smoothly with them and add the milk by degrees; beat for three or four minutes, and put in the salt.

Lay the meat in a buttered pie-dish, pour on the batter, and bake in a moderate oven.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1146.—TOAST (To Make).

Ingredients—

Bread made the day before.

Method—

Cut the bread into slices $\frac{1}{8}$ of an inch thick, trim them neatly, and toast them in front of a clear fire until evenly browned on each side. Bread neither new nor very stale makes the best toast. If very new bread has to be used, hold it in front of the fire until the steam has evaporated, then turn it, and do the same to the other side. Turn it again to brown on each side, and do not hold it too near to the fire.

Time—To toast a slice of bread, about $\frac{1}{2}$ minute on each side, if very new rather longer.

No. 1147.—TOFFEE (To Make).

Ingredients—

$\frac{1}{2}$ lb. brown sugar, 2 oz. butter.

Method—

Melt the butter in a small copper preserving-pan, add the sugar, a spoonful at a time, and stir them unceasingly over a moderate fire for about 10 minutes. Try a little of the toffee constantly by dropping a half-tea-spoonful into a basin of cold water, as soon as it solidifies immediately and snaps between the teeth, pour it into a buttered baking-dish, spread it out evenly, mark it in divisions, and cut it into slabs as soon as it is partly set.

Time—About 10 minutes.

No. 1148.—TOMATOES (Baked).

Ingredients—

1 lb. tomatoes, 1 oz. butter, seasoning pepper and salt.

Method—

Remove the stalks, and squeeze out the soft part of the fruit, arrange them in a baking-tin, put a little piece of butter on each, sprinkle a little pepper and salt on them, and bake in a moderate oven.

Time—15 minutes.

Sufficient for 4 or 5 persons.

No. 1149.—TOMATOES (Purée of).

Ingredients—

1 lb. tomatoes, 1 tea-spoonful minced onion, $\frac{1}{4}$ pint stock, $\frac{1}{4}$ pint cream, 1 tea-spoonful flour, seasoning pepper and salt.

Method—

Remove the stalks, and squeeze out the soft part of the fruit. Slice them, put them in a saucepan with the minced onion and stock, and let them simmer for $\frac{1}{2}$ an hour. Mix the flour and cream smoothly together, heat

them to boiling point, stirring all the time, and simmer for 2 minutes, then add them to the tomatoes, and simmer all together for 2 or 3 minutes; rub the tomatoes through a fine sieve, heat the purée afresh, season it with pepper and salt, and it is ready to serve. Should the purée not seem sufficiently thick, it must be boiled rapidly for 3 or 4 minutes to reduce it to the proper consistency.

Time—Altogether, about $\frac{3}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 1150.—TOMATOES (hors d'Œuvre of).

Ingredients—

2 or 3 ripe but firm tomatoes, 1 hard-boiled egg, 1 table-spoonful chopped spring onions, 2 table-spoonfuls salad dressing No. 1050.

Method—

Thinly slice the tomatoes and the egg, arrange them in a small china or glass dish, putting 1 slice of egg to 2 of tomato, sprinkle over them the spring onions skinned and finely chopped, and pour the salad dressing over all.

Sufficient for 3 or 4 persons.

No. 1151.—TOMATO SAUCE.

Ingredients—

$\frac{1}{2}$ lb. tomatoes, 2 table-spoonfuls stock, seasoning pepper and salt.

Method—

Remove the stalks, and squeeze out the soft part of the fruit. Slice them, put them in a saucepan with the stock, and boil them gently for 20 minutes. Rub the tomatoes through a sieve, heat the sauce afresh, boiling it rapidly for 3 or 4 minutes should it appear too thin. Season with pepper and salt, and serve very hot.

Time—Altogether, $\frac{1}{2}$ hour.

Sufficient for 4 or 5 persons.

No. 1152.—TOMATO SAUCE (Very Good).

Ingredients—

$\frac{1}{2}$ lb. tomatoes, 2 oz. ham, 1 tea-spoonful minced onion, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint brown stock, seasoning pepper and salt.

Method—

Melt the butter, cut the ham into dice, and fry it with the minced onion for 3 or 4 minutes, taking care they do not brown. Remove the stalks, and squeeze out the soft part of the fruit. Slice them into the saucepan, pour in the stock, and let the whole simmer for 20 minutes. Rub all through a sieve, heat the sauce afresh, season with pepper and salt, and serve.

Time—Altogether, $\frac{1}{2}$ hour.

Sufficient for 4 or 5 persons.

No. 1153.—TOMATO SOUP.

Ingredients—

1 lb. tomatoes, $1\frac{1}{2}$ pints milk, 1 oz. butter, 1 table-spoonful flour, seasoning pepper and salt.

Method—

Remove the stalks, squeeze out the soft part of the fruit, and slice them into a saucepan. Pour the milk on them, reserving a couple of spoonfuls. Simmer the tomatoes gently for $\frac{1}{2}$ an hour, mix the flour with the remaining spoonful of milk, add it to the tomatoes, and stir over the fire for 5 or 6 minutes until it thickens, then rub it through a fine sieve. Heat afresh in a clean saucepan, add a seasoning of pepper and salt, and put in the butter *off the fire*, stir until melted, and serve the soup in a well-heated tureen.

Time—Altogether, $\frac{3}{4}$ hour.

Sufficient for 3 or 4 persons.

No. 1154.—TOMATOES (Stewed).*Ingredients—*

1 lb. tomatoes, $\frac{1}{2}$ pint stock, $\frac{1}{2}$ tea-spoonful arrowroot, seasoning pepper and salt.

Method—

Stalk the tomatoes, and put them on with the hot stock. Stew them very gently until tender, turning them when half done. Lift them out carefully into a hot dish, and keep them very hot. Pour off $\frac{1}{4}$ pint of the stock. Mix the arrowroot with a spoonful of cold stock, stir it into the $\frac{1}{4}$ pint stock, add a seasoning of pepper and salt, and simmer until nicely thickened. Then strain it round the tomatoes, and serve.

*Time—*About 20 minutes.

Sufficient for 3 or 4 persons.

No. 1155.—TOMATOES (Stuffed).*Ingredients—*

1 lb. tomatoes, 1 table-spoonful breadcrumbs, 1 oz. butter, seasoning pepper and salt.

Method—

Remove the stalks, and squeeze out the soft inside of the fruit. Rub this through a sieve, and mix with it the breadcrumbs, butter, and a seasoning of pepper and salt. Fill the tomatoes with the mixture, arrange them in a baking-tin, and bake in a moderate oven.

Time— $\frac{1}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 1156.—TOMATOES (Stuffed, very Good).*Ingredients—*

1 lb. tomatoes, mushroom forcemeat No. 539, made with 2 oz. mushrooms, and other ingredients in proportion, 1 oz. butter.

Method—

Make a mushroom forcemeat as

directed. Remove the stalks, and squeeze out the soft insides of the fruit. Fill them with the forcemeat, arrange them in a baking-tin, put a little piece of butter on each, and bake in a moderate oven.

Time— $\frac{1}{4}$ hour.

Sufficient for 4 or 5 persons.

No. 1157. — TREACLE PUDDING (Rolled and Boiled).*Ingredients—*

$\frac{1}{2}$ lb. golden syrup, suet crust No. 404, made with $\frac{1}{2}$ lb. flour, and other ingredients in proportion.

Method—

Make a suet crust as directed. and roll it out $\frac{1}{8}$ inch in thickness. Spread the golden syrup over it quickly to within 1 inch of the edges, roll the pudding up, and pinch the ends of the paste well together. Tie the pudding in a floured cloth, plunge it into plenty of fast-boiling water, and boil it for $1\frac{1}{2}$ hours. Turn it out of the cloth carefully, and serve on a hot dish.

Time— $1\frac{1}{2}$ hours.

Sufficient for 3 or 4 persons.

No. 1158.—TREACLE TART.*Ingredients—*

$\frac{3}{4}$ lb. golden syrup, crust No. 402, or No 403, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Make the crust as directed, and divide it in half. Put a thin layer of golden syrup at the bottom of a buttered pie-dish, divide one-half of the crust into four pieces, and roll each of them out very thin the size and shape of the tart-dish. Lay one on the syrup, pour in some more golden syrup; add another thin layer of paste, and continue in this way until all are used.

Then roll out the remaining half of paste for the cover, lay it on, ornament the edges neatly, and bake in a good oven.

Time— $\frac{3}{4}$ hour.

Sufficient for 3 or 4 persons.

No. 1159.—TRIFLE.

Ingredients—

1 medium-sized sponge cake, or 6 small ones, 6 oz. apricot or raspberry jam, $\frac{1}{4}$ pint sherry, custard No. 418, made with $\frac{1}{2}$ pint milk, and other ingredients in proportion, 2 oz. ratafias, 1 oz. blanched almonds, $\frac{1}{2}$ pint cream.

Method—

Cut the cake across, but not quite through, about 6 times. Into each slit spread a spoonful of jam, and pour in some wine, then press it together again. Place the cake in a glass or silver dish, crumble 1 oz. of the ratafias, and sprinkle them over the cake. Have ready the custard very hot, and pour it over the cake, then set it aside until cold. Whip the cream to a froth, and completely cover the cake with it. Cut the blanched almonds into long strips, stick them all over the cake, garnish with a ring of ratafias, and serve.

Sufficient for 5 or 6 persons.

No. 1160.—TRIFLE (An Easy Way of Making).

Ingredients—

$\frac{3}{4}$ lb. Swiss roll, $\frac{1}{4}$ pint sherry, $\frac{1}{2}$ pint cream, 1 oz. blanched almonds, a few drops of vanilla flavouring.

Method—

Place the roll in a silver or glass dish, and pierce it in several places with a wooden skewer. Pour into each little hole some of the sherry, using a tea-spoon, and taking care that the cake is equally soaked. Whip the

cream to a froth, add the vanilla flavouring, and arrange the cream over the roll so as to completely cover it. Cut the almonds into thin strips, stick them all over the cake, and it is ready to serve.

Sufficient for 4 or 5 persons.

No. 1161.—TRIFLE (Very Fine).

Ingredients—

1 medium sized sponge cake, $\frac{1}{4}$ lb. apricot jam, $\frac{1}{4}$ pint sherry, custard No. 418, made with $\frac{1}{2}$ pint milk, and other ingredients in proportion, 2 oz. ratafias, 1 oz. blanched almonds, $\frac{1}{4}$ lb. glacé cherries, 2 oz. angelica, $\frac{1}{2}$ pint cream, 1 table-spoonful brandy.

Method—

Cut the cake across but not through, 5 or 6 times, and spread each slit with a spoonful of jam. Then soak the cake with the sherry, by pouring it on the cake very slowly with a tea-spoon. Crush 1 oz. of the ratafias, and sprinkle them over the cake; put a few round the cake, then pour over it the hot custard, and set it aside until cold. Whip the cream to a froth, add the brandy to it, and cover the cake with it. Stick the cake over with the almonds, cut into long strips, and put a ring of ratafias with a row of glacé cherries all round the edge of the dish. Chop the angelica finely, and sprinkle it over the cake and the space up to the ring of ratafias. Serve very cold.

Sufficient for 5 or 6 persons.

No. 1162.—TRIPE (Stewed).

Ingredients—

1 lb. tripe, 1 oz. butter, 1 onion, 2 oz. lean ham, 1 sprig parsley and thyme, $\frac{1}{2}$ pint stock, $\frac{1}{4}$ pint white wine, 1 table-spoonful flour.

Method—

Cut up the tripe into small pieces. Put the butter into a stewpan and melt

it, then put in the ham and onion (chopped), the seasoning and the tripe, and brown them together for 5 or 6 minutes; dredge in the flour gradually, and stir well. Pour in the stock and white wine, and simmer all gently for 2 hours; skim off the fat very carefully, and serve as hot as possible.

Time—To stew tripe, 2 hours.

Sufficient for 2 or 3 persons.

No. 1163.—TROUT (Baked).

Ingredients—

2 or 3 small trout, 1 oz. butter.

Method—

Wrap the trout in sheets of buttered paper; lay them in a baking-tin, and bake in a moderately quick oven. When cooked, take them out of the cases, and serve on a hot napkin, garnished with parsley and cut lemon. Send a cut lemon to table with them.

Time—For trout weighing 6 or 8 oz., 12 to 15 minutes.

Sufficient for 2 or 3 persons.

No. 1164.—TROUT (Fried).

Ingredients—

4 small trout, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Wash and cleanse the trout, and dry them in a very clean cloth. Egg and breadcrumb them carefully, and arrange them in a frying-basket; plunge them into boiling fat, and fry them a delicate golden-brown. Drain them very thoroughly, and dish them on a hot napkin, garnished with cut lemon and fried parsley. Send cut lemon to table with them.

Time—6 to 8 minutes, according to size.

Sufficient for 3 or 4 persons.

No. 1165.—TROUT (Stewed).

Ingredients—

Trout, 2 oz. butter, 1 table-spoonful flour, $\frac{3}{4}$ pint stock, 1 wine-glassful port, 1 sprig of parsley, seasoning pepper and salt.

Method—

Melt the butter in a stewpan, dredge in the flour, and stir them over the fire for 3 or 4 minutes, until they are smooth and thick. Add the stock and wine, a little at a time, letting each portion boil up before another is added. Put in the trout, parsley, pepper, and salt, and simmer the fish for 40 minutes. Dish the trout on a very hot dish, strain part of the sauce over, and send the rest to table in a heated sauce-boat with them.

Time— $\frac{3}{4}$ hour.

Sufficient for 3 or 4 persons.

No. 1166.—TRUFFLES (To Dress with Champagne).

Ingredients—

6 truffles, 2 rashers of bacon, 1 small carrot, 1 small onion, sprig of parsley, seasoning of salt, $\frac{1}{2}$ pint veal stock No. 1129, $\frac{1}{2}$ pint champagne.

Method—

Soak the truffles in warm, but not hot water, for 2 hours, then clean them thoroughly with a hard brush, and remove the soil with the point of a knife. Cut the bacon, carrot, and onion up small, and put them with the truffles into a small stewpan, add the parsley and salt, and pour in the stock. Simmer all very gently for $\frac{1}{2}$ hour; add the champagne, and simmer for another $\frac{1}{2}$ hour. Turn the contents of the stewpan into a basin which set on ice; when quite cold drain, and serve in a very white serviette. Strain the liquor, and serve separately in a sauce-boat.

Time—1 hour.

Sufficient for 3 or 4 persons.

No. 1167.—TURBOT (Boiled).*Ingredients—*

1 turbot, $\frac{1}{2}$ gallon water, 1 tablespoon salt, $\frac{1}{2}$ pint lobster or shrimp sauce, $\frac{1}{2}$ pint melted butter.

Method—

Turbots vary so extremely in size that one may generally be chosen to suit exactly the requirements of the number of persons provided for. Those weighing about 6 lbs. are usually considered the most delicate, but very nice small turbots can be bought of only half that weight. See that the fish is very thoroughly cleansed, and soak it in salt and water for 2 or 3 hours before dressing. Make a slit down the back to prevent the white surface from cracking, rub the fish over with lemon, place it in a very clean turbot-kettle, and cover it with cold water (salted). Bring it gradually to the boil, skim it carefully, and then simmer it gently until cooked, take it up, drain it very carefully, and dish on a very clean hot napkin, garnished with parsley and cut lemon. Sprinkle a little lobster coral over the fish, if lobster is used in making the sauce. Send lobster or shrimp sauce and melted butter to table.

Cut turbot may be cooked in the same manner.

Time—A small turbot, 20 minutes; a large one, 30 minutes; 2 or 3 lbs. cut turbot, 15 to 20 minutes.

Sufficient for—Allow $1\frac{1}{2}$ lb. for 2 persons.

No. 1168.—TURBOT (Creamed).*Ingredients—*

1 lb. very fresh turbot, $\frac{1}{4}$ pint cream, squeeze of lemon juice, seasoning pepper and salt.

Method—

Well butter a baking-tin and put the turbot in it, sprinkle with lemon juice,

pepper, and salt, and cover with the cream. Put the baking-tin in another of boiling water, and bake in a moderate oven, basting constantly. When done, take it up carefully, serve on a very hot dish, with the cream liquor poured over and round, and garnish with slices of lemon and parsley.

Time—12 to 15 minutes.

Sufficient for 2 or 3 persons.

No. 1169.—TURBOT (Fried Fillets of).*Ingredients—*

$1\frac{1}{2}$ lbs. turbot, 1 egg, breadcrumbs, frying fat.

Method—

Cut the turbots in fillets across the fish, $2\frac{1}{2}$ inches wide and 4 or 5 inches long, dry them well in a cloth, then dip them in beaten egg, cover them with breadcrumbs, and fry them in boiling clarified dripping or refined suet, of a light golden brown. Drain them on kitchen paper and serve very hot, garnished with fried parsley.

Time—8 to 10 minutes.

Sufficient for 4 or 5 persons.

No. 1170.—TURBOT (au Gratin).*Ingredients—*

$\frac{3}{4}$ lb. cold turbot, $\frac{1}{4}$ pint melted butter No. 227, 1 oz. Parmesan cheese, 1 oz. butter, 1 oz. breadcrumbs.

Method—

Remove all skins and bones from the fish, and divide it into small pieces. Have ready the above proportion of sauce, and mix the fish well with it. Butter a fireproof dish, put in the fish and sauce in a smooth layer, mix the Parmesan and breadcrumbs together and sprinkle them over; dot the butter in small pieces on top, and bake in a moderate oven for 15 or 20

minutes. Put the fireproof dish in a hot oval dish, with a folded serviette beneath it, and serve at once.

Time—15 or 20 minutes.

Sufficient for 3 or 4 persons.

No. 1171.—TURKEY (Boiled).

Ingredients—

1 turkey, 1 oz. butter, $\frac{3}{4}$ pint béchamel sauce No. 135, $\frac{1}{2}$ pint celery sauce No. 290, or melted butter No. 227.

Method—

For boiling, choose a hen turkey, not too large, let it hang 4 or 5 days. Have the bird carefully plucked and drawn, with a knife spread the breast with butter, then sprinkle a little flour over, and tie up the bird in a floured cloth. Put it into a large pan of hot water, bring slowly to the boil, and let it simmer gently until cooked. Take it up carefully, remove the cloth, skewer, and trussing-strings, and place the bird on a very hot dish. Let the sauce be rather thick, pour it over the bird so as to coat it neatly, and send celery sauce to table in a sauce-boat.

Time—8 to 10 lb. turkey, about $2\frac{1}{2}$ hours; 12 lb. turkey, 3 hours.

Sufficient for 6 or 7 to 12 persons.

No. 1172.—TURKEY, LEGS OF (Devilled).

Ingredients—

Drumsticks of a cold turkey, devil mixture No. 443.

Method—

Score the legs well with a sharp knife, and rub the devil mixture well into them. Heat the gridiron, rub the bars with a small piece of suet, and grill the legs for about 10 or 12 minutes. Serve very hot. The remains of a roasted bird are most suitable for this dish.

Time—10 to 12 minutes.

Sufficient for 3 or 4 persons.

No. 1173.—TURKEY (Rissoles of).

Ingredients—

$\frac{1}{4}$ lb. remains of cold turkey, $\frac{1}{2}$ teaspoonful finely-chopped onion, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint of melted butter No. 227, the yolks of 2 eggs, seasoning pepper and salt, 1 egg, breadcrumbs, frying fat.

Method—

The small pickings of white meat from the carcass should be used for this dish. Remove all skin and gristle from the turkey, and chop the meat finely. Put the minced onion and butter into a small saucepan, and fry for 2 or 3 minutes; add the meat and sauce to the onion, and stir them over the fire until hot. Beat and strain the yolks of eggs, stir them into the mixture, add a seasoning of pepper and salt, and continue to stir over the fire until the sauce thickens like custard, but be very careful not to let it boil, then set it aside to cool. When cold, make it into small rolls, about $2\frac{1}{2}$ inches long and 1 inch thick; dip these into beaten egg, cover them with fine breadcrumbs, and arrange them in a frying-basket. Have ready a saucepan of boiling lard or refined suet, plunge the basket into this, and fry the rissoles a light golden-brown. Turn them on to kitchen paper to drain, and serve them on a hot napkin, garnished with fried parsley.

Time—To cook mixture, 10 to 15 minutes.

To fry rissoles, 6 or 7 minutes.

Sufficient for 7 or 8 rissoles.

No. 1174.—TURKEY (Roast).

Ingredients—

1 turkey, forcemeat No. 536, with 1 to 2 lbs. sausage-meat, clarified dripping for basting, $\frac{1}{2}$ pint to 1 pint brown gravy and celery sauce according to size.

Method—

Choose a fresh cock turkey, and let it hang from 4 to 7 or 8 days, according to the weather. Then have it carefully plucked and drawn, and fill the breast with forcemeat. Cover the breast with a buttered paper, and roast the bird in front of a clear fire, or in a good oven, basting it continually. Ten minutes before serving, dredge the turkey with flour, and baste it again until nicely frothed. Remove the skewers and trussing-strings, dish the bird on a very hot dish, pour a little gravy round, and send gravy and celery sauce to table with it.

Time—10 lb. turkey, $2\frac{1}{2}$ to 3 hours ;

15 lb., 4 hours ; 20 lb., 5 hours.

Sufficient for 6 or 8 to 12 or 14 persons.

No. 1175—TURKEY SOUP.*Ingredients—*

Carcass and trimmings of cold turkey, 1 lb. leg of beef, 2 carrots, 2 onions, sprig of parsley and thyme, 1 tea-spoonful salt, 12 peppercorns, 1 large tea-spoonful arrowroot, a few drops browning, 2 quarts water.

Method—

Cut the beef in dice, put it in a stewpan, with all the bones and trimmings of the turkey, pour in the water, and heat slowly to boiling point. Skim carefully, add the vegetables, cut in dice, with the parsley, thyme, peppercorns, and salt, and let all boil gently for 3 hours. Strain the soup through a fine sieve, and set it aside to cool. When quite cold, skim off every particle of fat, heat the soup, reserving 2 or 3 spoonfuls of it, to boiling point. Mix the arrowroot smoothly with the spoonfuls of cold stock, add it to the soup, and stir it over the fire for 4 or 5 minutes until the soup thickens slightly and looks bright ; improve the colour if necessary with a few drops of browning, and serve the soup very hot.

Time—Altogether, $3\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 1176.—TURKEY (In White Sauce).*Ingredients—*

1 lb. cold turkey, $\frac{1}{2}$ pint béchamel sauce No. 135, or melted butter No. 227.

Method—

Remove all skin and gristle from the turkey, and cut it into small, neat slices. Have ready $\frac{1}{2}$ pint of sauce very carefully made. Put in the pieces of turkey, and let them heat slowly by the side of the fire for 15 to 20 minutes. Serve very hot in an entrée-dish.

Time—15 to 20 minutes.

Sufficient for 4 or 5 persons.

No. 1177.—TURNIPS (Boiled).*Ingredients—*

6 small or 3 large turnips, 1 quart water, 1 table-spoonful salt, $\frac{1}{4}$ pint melted butter.

Method—

Pare the turnips, and, if large, quarter them. Put them into a saucepan of boiling water (salted) and boil them gently until quite tender. Strain them very thoroughly, place them in a hot vegetable-dish, and pour a little melted butter over them.

Time—Old turnips, 1 hour ; young ones, about 20 to 25 minutes.

Sufficient for 3 or 4 persons.

No. 1178.—TURNIPS (Mashed).*Ingredients—*

1 lb. turnips, 2 table-spoonfuls milk, $\frac{1}{2}$ oz. butter, seasoning pepper and salt.

Method—

Pare the turnips rather thickly, and quarter them if large. Put them in plenty of boiling water, and boil them from 30 to 40 minutes until they are very tender. Drain them, and rub them through a fine sieve. Put them

back in the saucepan with the milk, butter, and a seasoning of pepper and salt; stir them over the fire for 5 or 6 minutes, until they are very thick and smooth. Arrange them neatly in a dome shape in a hot dish, and serve them immediately.

Time—Altogether, 35 to 45 minutes.

Sufficient for 3 or 4 persons.

No. 1179.—VANILLA CREAM.

Ingredients—

1 pint milk, $\frac{3}{4}$ oz. isinglass, 5 oz. sugar, 3 eggs, $\frac{1}{4}$ pint cream, 1 vanilla pod.

Method—

Soak the isinglass in the milk with the vanilla pod for 5 minutes, then add the sugar, and stir them over the fire until they are melted. Beat and strain the eggs, and add the hot milk, etc., to them gradually, stirring all the time. Strain the mixture into the saucepan again, thicken as for custard, and take out the vanilla pod. Set it aside to cool. Whip the cream to a stiff froth, and beat in the custard, which should be lukewarm, by degrees, and continue beating until they are thoroughly mixed. Pour into a well-wetted mould, and set aside in a cool place until quite firm. It is better if made some hours before it is required. The vanilla pod should be washed, dried, and put away in a tin. It can be used several times.

Sufficient for 1 $\frac{1}{2}$ -pint mould.

No. 1180.—VANILLA CUSTARDS.

Ingredients—

1 pint milk, yolks of 6 eggs, 3 oz. sugar, 1 vanilla pod.

Method—

Put the milk, sugar, and vanilla pod into a bain-marie saucepan, and heat them gently to boiling point; leave it for about 10 minutes, then take out

the vanilla pod, and add the milk to the beaten and strained yolks of the eggs. Return all to the saucepan, and stir over a slow fire until it thickens; then take it off the fire, continue stirring for 4 or 5 minutes, and set it aside until quite cold. The vanilla pod should be washed, dried, and stored in a tin for future use.

Time—Altogether, about 35 or 40 minutes.

Sufficient for 4 or 5 persons.

No. 1181.—VANILLA SOUFFLÉ.

Ingredients—

1 pint milk, 1 vanilla pod, 3 oz. fine flour, 1 $\frac{1}{2}$ oz. butter, 1 $\frac{1}{2}$ oz. sugar, 4 eggs.

Method—

Prepare a soufflé mould by buttering it inside, and fixing a band, 5 or 6 inches deep, of buttered paper round the top, so as to protect the soufflé when it rises above the top of the tin. Mix the flour to a smooth batter with 2 or 3 spoonfuls of the milk. Put the vanilla pod, with the rest of the milk, into a lined saucepan, and let them heat slowly to boiling point. Leave it for 10 minutes, then take out the pod, stir in the flour gradually, and continue stirring over a gentle fire for a few minutes until it is very thick. Then take the saucepan off, and stir in the butter, sugar, and the beaten and strained yolks of the eggs. Whisk the whites to as stiff a froth as possible, mix them gently but thoroughly with the soufflé mixture, pour it into the tin, and bake in a moderate oven.

Do not open the oven door for 10 minutes after the soufflé is put in or it will not rise properly. Serve immediately it is taken out, with a clean napkin neatly pinned round the tin. The vanilla pod should be washed, dried, and placed in a tin for future use.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1182.—VEAL, BREAST OF, (Roast).*Ingredients—*

4 or 5 lbs. breast of veal, $\frac{1}{4}$ pint brown gravy.

Method—

Well wipe the veal, and dredge it with flour. Roast it in front of a clear fire or in a good oven, and baste it continually until cooked. Dish it on a very hot dish, pour the hot gravy round, and serve immediately.

Send a cut lemon to table with it, and have a piece of boiled bacon as an accompanying dish when convenient.

Time— $1\frac{1}{2}$ to $1\frac{3}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 1183.—VEAL BROTH.*Ingredients—*

2 oz. lean ham, $1\frac{1}{2}$ lbs. neck of veal, 1 oz. butter, $1\frac{1}{2}$ pints water, $\frac{1}{2}$ small onion, $\frac{1}{2}$ carrot, 1 sprig of parsley, seasoning pepper and salt.

Method—

Cut up the ham and veal into very small pieces, and fry them in the butter for a few minutes. Then drain the meat free from fat, put it in a fresh saucepan with the water, pepper, and salt, and bring it to boiling point. Put in the vegetables, cut into dice and the parsley, and simmer all for 3 hours, then strain into a clean basin, and set it aside to cool. When wanted for use skim off every particle of fat, and heat up as much of the broth as may be required.

*Time—*Altogether, about $3\frac{1}{4}$ hours.

Sufficient for 1 pint of gravy.

No. 1184.—VEAL CAKE.*Ingredients—*

1 lb. of cold cooked veal, $\frac{1}{4}$ lb. cold boiled bacon, grated rind of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Mince the veal and bacon finely, mix them together with the lemon rind, pepper, and salt; press them into a thickly-buttered cake-tin, raising the cake to a dome shape on top, and bake in a good oven; turn it out of the tin, and serve cold.

If preferred hot, $\frac{1}{2}$ pint of good veal gravy should be poured over and round the cake.

*Time—*1 hour.

Sufficient for 4 or 5 persons.

No. 1185.—VEAL CHOPS.*Ingredients—*

$2\frac{1}{2}$ to 3 lbs. neck of very small veal, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Cut and trim the cutlets as directed in recipe No. 424, egg and breadcrumb them carefully, arrange them in a frying-basket, plunge it into a saucepan of boiling fat, and fry a golden brown. Drain them on kitchen paper, and arrange them neatly in a hot entrée dish.

*Time—*10 to 12 minutes.

Sufficient for 3 or 4 persons.

No. 1186.—VEAL CUTLETS.*Ingredients—*

$1\frac{1}{2}$ lbs. fillet of veal, 1 egg, breadcrumbs, boiling fat.

Method—

Have the fillet cut about 1 inch thick, cut it into neat rounds or ovals, 2 or 3 inches across, dip them in beaten egg, cover them with breadcrumbs, and arrange them in a frying-basket. Plunge them into a saucepan

of boiling fat, and fry them for 7 or 8 minutes until they are of a nice golden brown. Drain them on kitchen paper, and serve them on a very hot dish, arranged in a circle. Send veal gravy to table with them in a sauce-boat.

Time—8 to 10 minutes.

Sufficient for 4 or 5 persons.

No. 1187.—VEAL CUTLETS (In Aspic).

Ingredients—

1½ lbs. fillet of veal, 1 pint veal stock No. 1129, ½ pint aspic No. 102, hard-boiled white of 1 egg, 2 or 3 sprigs parsley.

Method—

Have the veal cut about ¾-inch thick, put it in a saucepan with the stock. Let it simmer very gently for 1¼ hours, drain it, and let it cool; when cold, stamp it into rounds with a plain round cutter, 2 inches in diameter. Have ready some round moulds, 2½ inches across, on ice. Put a tea-spoonful of liquid aspic in each, just sufficient to run all over the bottom of the mould; put a very tiny sprig of parsley in the centre, and form a star round each piece with 5 or 6 tiny pieces of white of egg, ¾ inch long, and the thickness of a match. Put in another spoonful of aspic, but very carefully, or you will disturb the decorations. When this is set, lay a round of veal into each, and fill up the little mould with aspic. Leave them on ice until set. When wanted for table, dip each for a moment into boiling water, reverse the mould on to a plate; arrange the cutlets neatly in a circle, garnish with very fresh parsley, and serve.

Time—1½ hours to simmer veal.

Sufficient for 7 or 8 cutlets.

No. 1188.—VEAL, FILLET OF (Grilled).

Ingredients—

1 lb. fillet of veal, ½ oz. butter.

Method—

Have a nice slice of fillet about an inch in thickness. Melt the butter, and brush the veal with it. Heat the gridiron, rub the bars with a small piece of suet, grill the fillet from 12 to 15 minutes, turning the veal when half done. Send it to table on a very hot dish, and serve brown mushroom sauce in a sauce-boat with it.

Time—12 to 15 minutes.

Sufficient for 3 or 4 persons.

No. 1189.—VEAL, FILLET OF (Roast).

Ingredients—

4 or 5 lbs. fillet of veal, forcemeat No. 542, ½ pint brown gravy.

Method—

Bone the fillet, and fill up the cavity with forcemeat. Tie up the joint securely, and roast it in front of a clear fire or in a good oven, basting it continually, and taking care that it becomes nicely browned, without being burnt. Place the meat on a very hot dish, remove the tapes, and pour the gravy round.

Send a cut lemon to table with it.

Time—1½ to 1¾ hours.

Sufficient for 5 or 6 persons.

No. 1190.—VEAL, FILLET OF (Stewed).

Ingredients—

4 or 5 lbs. fillet of veal, forcemeat No. 542, or No. 539, 1 dessert-spoonful flour, ¼ pint cream, juice of ½ a lemon, seasoning pepper and salt, 1 quart veal stock.

Method—

Bone the veal, fill the place with the forcemeat, and bind up the joint securely with tape. Put it in a stewpan with the stock, and let it simmer very gently for 3 hours. Strain $\frac{3}{4}$ pint of the stock into a fresh saucepan, add to it the flour and cream, which must be smoothly mixed together, and stir them over the fire for 5 or 6 minutes until they thicken nicely, then stir in the lemon juice, and add a seasoning of pepper and salt. Lift out the veal, drain it, and put it on a very hot dish; pour the sauce over, and serve at once.

Time—Altogether, $3\frac{1}{4}$ hours.

Sufficient for 7 or 8 persons.

No. 1191.—VEAL, FRICANDEAU OF.*Ingredients—*

3 lbs fillet of veal, $\frac{1}{4}$ lb. larding bacon, 1 carrot, 1 onion, 3 rashers of bacon, 1 pint veal stock.

Method—

Trim the veal of oval shape, having it cut thick and small. Cut the larding bacon into strips $\frac{1}{4}$ inch thick and 2 inches long. Thread a piece of bacon in the larding needle, take a $\frac{1}{2}$ inch stitch through the top of the veal and draw out the needle, leaving a small bit of bacon sticking out at each end. Proceed in this way until all the bacon is used, inserting the bacon at regular intervals. The veal when finished should look as if stuck with spikes of almond. Lay the rashers of bacon at the bottom of a stewpan with the carrot and onion cut in dice, put in the veal, pour on the stock, and let the fricandeau simmer very gently for $2\frac{1}{2}$ hours, basting the meat from time to time with the stock to prevent it getting dry on the surface. Strain off nearly all the stock into a fresh saucepan, and boil it as rapidly as possible for 7 or 8 minutes, until it is much

reduced and rather thick. Dish the veal on a hot dish, pour the sauce over, and serve.

Time—Altogether, about $2\frac{3}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 1192.—VEAL, KNUCKLE OF (Stewed).*Ingredients—*

4 or 5 lbs. knuckle of veal, 1 carrot, 1 onion, 1 sprig parsley, seasoning pepper and salt, enough hot water to cover the veal, parsley and butter No. 893.

Method—

Cut the onion and carrot in dice, put them in a stewpan with the veal, parsley, pepper, and salt, and pour in sufficient hot water to cover the meat. Let all simmer gently for $2\frac{1}{2}$ hours. Drain the veal, have ready the parsley and butter, dish the veal on a very hot dish, cover it with the sauce, and serve at once. A piece of boiled bacon should be sent to table with it. The liquor the veal was boiled in will make a valuable foundation for soup or gravy, and should be strained and set aside for use.

Time— $2\frac{1}{2}$ hours.

Sufficient for 5 or 6 persons.

No. 1193.—VEAL, LOIN OF (Roast).*Ingredients—*

4 or 5 lbs. loin of veal, forcemeat balls No. 533, $\frac{1}{4}$ pint brown gravy.

Method—

Dredge the joint with flour, and roast it in front of a clear fire or in a good oven, basting it continually. Place it on a very hot dish, pour the gravy round, garnish it with forcemeat balls, and serve immediately.

Time— $1\frac{1}{2}$ to $1\frac{3}{4}$ hours.

Sufficient for 5 or 6 persons.

No. 1194.—VEAL (Minced, au Béchamel).

Ingredients—

$\frac{3}{4}$ lbs. cold veal, $\frac{1}{2}$ tea-spoonful finely-chopped onion, seasoning pepper and salt, $\frac{1}{2}$ pint béchamel sauce No. 135.

Method—

Free the meat from skin, bone, and gristle, and cut it into small dice. Have ready $\frac{1}{2}$ pint of béchamel sauce, very hot, stir into it the meat and onion, season with pepper and salt, and let it heat slowly by the side of the fire. Dish it compactly on a very hot dish, and garnish with fried sippets.

*Time—*About 25 minutes.

Sufficient for 3 or 4 persons.

No. 1195.—VEAL (Minced, with Mushrooms).

Ingredients—

$\frac{1}{2}$ lb. cold veal, 1 small tin of champignons, $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, seasoning pepper and salt.

Method—

Open the tin of mushrooms, wash them in cold water, then put them in a lined saucepan with the milk, reserving a spoonful or two, and let them simmer for 10 minutes. Remove all skin and gristle from the veal, and cut it into $\frac{1}{2}$ -inch dice. Lift out the mushrooms, and put them with the veal. Mix the flour into a smooth batter with the cold milk you have reserved, pour the boiling milk to this, stirring well, return it to the saucepan, and stir the sauce over the fire until nicely thickened. Then put in the veal and mushrooms, and let them heat slowly by the side of the fire for 20 minutes; add a seasoning of pepper and salt and the butter off the fire,

stir until the butter is melted, then serve at once in a well-heated entrée dish.

*Time—*Altogether, 30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 1196.—VEAL (Minced, with Oysters).

Ingredients—

$\frac{3}{4}$ lb. cold veal, 1 doz. oysters, $\frac{1}{4}$ pint veal stock, $\frac{1}{4}$ pint cream, 1 tea-spoonful flour, $\frac{1}{2}$ oz. butter, juice of $\frac{1}{2}$ a lemon, seasoning pepper and salt.

Method—

Cut the veal into $\frac{1}{2}$ -inch dice, carefully removing all skin and gristle. Open the oysters carefully, put them in a small saucepan, strain their liquor over them, and heat them to boiling point, then take out the oysters, beard them, and set them aside. Mix the cream smoothly with the flour, and heat it to boiling point; add it to the oyster liquor and veal stock, and stir them over the fire for 5 or 6 minutes, until the sauce looks thick and rich; then add the butter, pepper, and salt off the fire, and stir until the butter is melted; add the lemon juice, and mix it well in. Put in the veal and oysters, and let them heat gently by the side of the fire for 20 minutes. Serve in a well-heated entrée dish.

*Time—*Altogether, about $\frac{1}{2}$ hour.

Sufficient for 4 or 5 persons.

No. 1197.—VEAL, NECK OF (Braised).

Ingredients—

3 or 4 lbs. best end neck of veal, 1 onion, 1 carrot, 1 rasher bacon, 1 sprig parsley and thyme, 6 peppercorns, $\frac{1}{4}$ tea-spoonful salt, 1 dessert-spoonful flour, 1 table-spoonful sherry, juice of $\frac{1}{2}$ a lemon, $1\frac{1}{2}$ pints water.

Method—

Cut the bacon, carrot, and onion in small slices, put them in a stewpan with the veal, parsley, thyme, pepper, and salt, and the water; stew all very gently for $2\frac{1}{2}$ hours. Mix the sherry and lemon juice smoothly with the flour, and stir $\frac{3}{4}$ pint of the stock from the veal to them. Strain this into a fresh saucepan, and stir the sauce for 3 or 4 minutes over the fire until it thickens nicely, then dish the veal on a very hot dish, pour the sauce over, and serve.

*Time—*Altogether, 2 hours 40 minutes.

Sufficient for 5 or 6 persons.

No. 1198—VEAL, NECK OF (Roast).*Ingredients—*

3 or 4 lbs. best end neck of veal, $\frac{1}{4}$ pint brown gravy, forcemeat balls No. 533.

Method—

Dredge the veal with flour, and roast it crisply in front of a clear fire, or in a good oven, basting it continually. Be very careful that it is thoroughly cooked throughout. Place the joint on a hot dish, pour a little boiling gravy round, and garnish with forcemeat balls. Send a cut lemon to table with it.

*Time—*About $1\frac{1}{4}$ hours.

Sufficient for 4 or 5 persons.

No. 1199.—VEAL OLIVES.*Ingredients—*

1 lb. fillet of veal, forcemeat No. 535, made with 2 oz. breadcrumbs, and other ingredients in proportion, $\frac{1}{2}$ pint stock, 6 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 1 tea-spoonful arrowroot, 1 table-spoonful sherry.

Method—

Have the fillet cut about 1 inch thick, slice it across the grain into strips about $\frac{1}{4}$ inch thick, and 4 or 5 inches long, spread a thin layer of forcemeat on the inside of each, roll up the slices neatly, and tie them with tape or string. Lay the rolls in a saucepan, which will take them in one layer, pour in the stock, add the pepper and salt, and simmer them gently, turning them when half done. When cooked, lift them out, take off the tapes, and lay the olives in a very hot dish, which cover over. Mix the arrowroot smoothly with the sherry, stir this into the stock, and simmer until nicely thickened, then strain it over the olives, and serve immediately.

Time— $1\frac{1}{2}$ hours.

Sufficient for 4 or 5 persons.

No. 1200.—VEAL AND HAM PIE.*Ingredients—*

$1\frac{1}{2}$ lbs. fillet of veal, $\frac{1}{4}$ lb. cooked bacon, 3 eggs, 1 table-spoonful flour, $\frac{1}{4}$ tea-spoonful pepper, $\frac{1}{4}$ pint water, puff crust No. 400, or short crust No. 403, made with $\frac{3}{4}$ lb. flour, and other ingredients in proportion.

Method—

Have the veal cut about 1 inch in thickness, cut it in slices across the meat $\frac{1}{4}$ inch thick, and divide these into pieces 3 or 4 inches long. Cut the bacon into small, neat slices. Boil 2 of the eggs for 10 minutes, lay them in cold water to cool, and shell them. Mix the flour and pepper on a plate; dip each piece of veal into the mixture, and roll it up. Have ready a pie-dish with a small cup or jar in the centre, fill the dish with the rolls of meat and slices of bacon alternately, building up the pie in a dome shape, slice the eggs, lay them on top, and pour in the water. Roll out the crust, cut a very thin strip 1 inch in

width, moisten the edge of the pie-dish, lay it round, pressing it firmly to make it adhere. Roll out the cover, lay it on, and ornament the edges neatly. Beat and strain the remaining egg, brush the crust in every part with it, and bake the pie in a good oven. Protect the crust with a buttered paper as soon as it has taken a nice colour.

Time—1½ hours.

Sufficient for 5 or 6 persons.

No. 1201.—VEGETABLE MARROW (Boiled).

Ingredients—

1 large or 2 small vegetable marrows, 1 quart boiling water, 1 table-spoonful salt, 1 round of toast.

Method—

Peel the marrows thinly, cut them into quarters, and take out the seeds. Put them into boiling water, salted in above proportion, and boil them until quite tender, then take them up, drain them very carefully, and dish them on toast in a very hot vegetable dish. Pour a little melted butter over them when liked.

Time—Young marrows, 14 to 20 minutes; old ones, 30 to 40 minutes.

Sufficient for 3 or 4 persons.

No. 1202.—VEGETABLE MARROW (Fried in Batter).

Ingredients—

1 large or 2 small marrows, frying batter No. 123, boiling fat for frying.

Method—

Peel the marrows, and cut them into quarters, carefully removing the seeds; if a large marrow, cut each quarter again in half. Dip each piece into

the batter; have ready a saucepan of boiling fat, with the frying-basket in it, drop in the pieces of marrow and fry them a golden-brown; drain them very carefully, and serve in a very hot dish.

Time—7 or 8 minutes.

Sufficient for 5 or 6 persons.

No. 1203.—VENISON (Hashed).

Ingredients—

1 lb. cold venison, ½ pint stock, 1 tea-spoonful arrowroot, 1 wine-glassful port, ½ tea-spoonful barberry or red-currant jelly.

Method—

Cut the venison into neat slices, carefully removing all skin and gristle, and most of the fat. Heat the stock in a small stewpan, mix the arrowroot and port smoothly together, and stir them into the stock until it is nicely thickened; add the jelly, and stir until melted. Put in the slices of venison, and let them heat gently by the side of the fire. Serve on a very hot dish, garnished with fried sippets.

Time—To heat meat, 20 minutes.

Sufficient for 5 or 6 persons.

No. 1204.—VENISON, HAUNCH OF (Roast).

Ingredients—

About 20 lbs. haunch of venison, flour and water paste, made with 3 lbs. flour.

Method—

Cover the haunch with the flour and water paste, bake it in a good oven 4½ hours, basting it constantly. Half an hour before it is served remove the paste so that the venison may brown properly, and watch it carefully that it does not burn.

Serve very hot on a hot dish, making gravy in the pan as usual, and putting a frill upon the knuckle. If in season, send French beans to table with it. Too much care cannot be taken with venison, as over-cooking would cause the delicate fat to melt, whilst a partially raw haunch is particularly distasteful. Venison, if possible, should be roasted before a solid, well-made, open fire.

Time—4½ hours.

Sufficient for 16 to 20 persons.

No. 1205.—VERMICELLI PUDDING.

Ingredients—

2 oz. vermicelli, 1 pint milk, 2 oz. sugar, 1 oz. butter, grated rind of ½ a lemon, 2 eggs.

Method—

Put the milk into a lined saucepan with the vermicelli, heat slowly to boiling point, and let it simmer for 20 minutes, stirring it occasionally to prevent it burning. Take it off the fire, and let it cool for 5 minutes. Beat and strain the eggs, add them with the butter, sugar, and grated lemon rind, and stir them until the butter is melted. Butter a pie-dish, pour in the mixture, and bake in a gentle oven.

Time—20 minutes to simmer the vermicelli.

40 minutes to bake pudding.

Sufficient for 4 or 5 persons.

No. 1206.—VERMICELLI SOUP.

Ingredients—

1 quart gravy soup No. 616, 2 oz. vermicelli.

Method—

Wash the vermicelli, and put it into a saucepan with the boiling soup. Simmer it for 20 minutes, stirring constantly, and serve very hot.

Time—To simmer soup, 30 minutes.

Sufficient for 3 or 4 persons.

No. 1207.—VOL-AU-VENT.

Ingredients—

Feuilletage paste No. 904, made with 1 lb. flour, other ingredients in proportion, yolk of 1 egg.

Method—

Make the paste as directed, and roll it out about 1¼ inches thick. Cut it into an oval shape, about 7 inches long and 5 inches wide. Mark the cover an inch in from the edge with the point of a knife, and brush it in every part with beaten egg-yolk. Put it on a floured baking-tin, and bake it in a good oven for 30 or 40 minutes until it has risen 4 or 5 inches, and is a bright golden colour; then turn the vol-au-vent on to a cloth to absorb the grease, and very carefully take off the cover, and remove all the soft crust from the inside of the vol-au-vent, leaving a crust of about ½ inch in thickness everywhere. It is then ready to fill with any savoury ragoût or mince that may be preferred, and which should be previously heated to boiling point, and put in the vol-au-vent just before it is sent to table. The trimmings from the vol-au-vent will make excellent tartlets or puffs.

Time—30 to 40 minutes.

Sufficient for 4 or 5 persons.

No. 1208.—WATER SOUCHY.

Ingredients—

1 large sole or 2 flounders or perch, 1 table-spoonful parsley roots, 7 or 8 sprigs of parsley, 1 onion, 12 pepper-corns, 1 tea-spoonful salt, 1 quart water.

Method—

Fillet the fish, and cut each fillet into pieces 2 inches long. Cut the parsley roots into thin strips 1 inch long. Put all the bones and trimmings of the fish into a saucepan with the parsley,

roots, sliced onion, pepper, salt, and 3 or 4 sprigs of the parsley; add the water, bring all to the boil, and simmer for 45 minutes. Then strain the liquor into a fresh saucepan, blanch the remaining sprigs of parsley (by boiling them for 5 minutes), put them with the fillets into the broth, and simmer for 10 minutes. Serve the fish in the broth in a deep dish, and send thinly sliced brown bread and butter to table with it.

Many varieties of fish may be cooked in this manner, eels, tench, salmon peel, etc.

Time—Altogether, about 1 hour.

Sufficient for 3 or 4 persons.

No. 1209.—WHITEBAIT (Fried).

Ingredients—

1 pint whitebait, 2 table-spoonfuls flour, boiling lard.

Method—

Put the flour in a very clean cloth, and roll the fish in it, avoiding touching the fish with your hands. Put the whitebait in a wire frying-basket, and shake it gently to remove any superfluous flour. Plunge them into the boiling lard, and take them out almost instantly. They will only take a minute to cook, and must not be allowed to brown. Drain and serve immediately on a hot silver dish.

Send thin brown bread and butter and cut lemon to table with them.

Time—1 or 2 minutes.

Sufficient for 3 or 4 persons.

No. 1210.—WHITEBAIT (Mock).

Ingredients—

1 sole, 1 table-spoonful flour, boiling lard.

Method—

Fillet the sole, and cut it into small

strips the size of whitebait, dry them in a cloth, and sprinkle them lightly with flour. Have ready a saucepan of boiling lard, put the fish in a frying-basket, which plunge in the boiling fat, and fry them for a minute or two. They will be done almost instantly if the fish has been properly prepared. Drain and serve on a hot silver dish.

Send cut lemon and thin brown bread and butter to table with them.

Time—2 or 3 minutes.

Sufficient for 2 or 3 persons.

No. 1211.—WHITE SAUCE (Very Good).

Ingredients—

2 lbs. knuckle of veal, $\frac{1}{4}$ lb. button mushrooms, 1 onion, 1 carrot, 1 turnip, 1 sprig parsley, 1 bay leaf, 12 peppercorns, $\frac{1}{2}$ tea-spoonful salt, 2 oz. butter, 3 pints water, 1 oz. flour, $\frac{1}{4}$ pint cream.

Method—

Cut the veal into small pieces, and the vegetables into dice. Melt the butter in a stewpan, put in the veal and vegetables, and stir them over the fire until lightly browned. Then add the mushrooms, parsley, and seasoning, and pour on the water. Bring all to boil, and simmer gently for 2 hours; then strain it through a hair sieve, and set it aside to cool. When cold, skim off every particle of fat, and heat the sauce to boiling point. Mix the flour smoothly with the cream in a large basin, add the boiling sauce slowly to it, stirring all the time, then return it to the saucepan, and stir over the fire until sufficiently thickened.

Time—To fry vegetables, 5 or 6 minutes.

To simmer stock, 2 hours.

To boil sauce, about 15 minutes.

Sufficient for 1 quart sauce.

No. 1212.—WHITING (Baked).*Ingredients—*

2 or 3 whittings, 1 oz. butter, 1 oz. breadcrumbs, 1 dessert-spoonful minced parsley, $\frac{1}{4}$ pint brown gravy No. 609.

Method—

Put the whittings in a baking-tin, and sprinkle the parsley and breadcrumbs over them, dot the butter in little pieces on them, season with pepper and salt, and bake in a moderate oven. Place them on a hot dish, pour the gravy round, and serve.

Time—15 to 20 minutes.

Sufficient for 2 or 3 persons.

No. 1213.—WHITING (Baked, very Good).*Ingredients—*

3 or 4 whittings, 2 oz. butter, 1 dessert-spoonful flour, juice of $\frac{1}{2}$ a lemon, 1 wine-glass port wine, seasoning salt and cayenne.

Method—

Clean and skin the whiting, and put them in a baking-tin. Rub the butter and flour together, and dot this in small pieces over the fish, squeeze over them the lemon juice, add the port, and season with salt and cayenne. Cover them with a buttered paper, and bake in a moderately quick oven. Remove the paper 2 or 3 times, and well baste the fish. Dish them on a very hot dish, strain the sauce over, and serve immediately.

Time—20 minutes.

Sufficient for 3 or 4 persons.

No. 1214.—WHITING (Boiled).*Ingredients—*

3 or 4 whittings, $1\frac{1}{2}$ pints water, juice of 1 lemon, 5 or 6 peppercorns,

pinch of salt, 3 or 4 sprigs parsley, $\frac{1}{2}$ pint shrimp sauce.

Method—

Have ready a saucepan of boiling water, add the lemon juice, parsley, pepper, and salt. Put in the whittings, and simmer them gently until tender; drain them carefully, and serve on a hot napkin, garnished with parsley and cut lemon.

Send shrimp sauce to table with this dish.

Time—10 minutes.

Sufficient for 3 or 4 persons.

No. 1215.—WHITING (Filletted).*Ingredients—*

2 whittings, 1 egg, breadcrumbs, boiling fat for frying.

Method—

Fillet the whittings, cutting each side into two pieces, and thus getting 4 fillets from each fish. Dip them in egg, cover them with fine breadcrumbs, and put them in a frying-basket. Plunge them into boiling fat, and fry them a delicate golden-brown. Turn them on to kitchen paper to drain, and serve on a hot napkin, garnished with fried parsley.

Send shrimp or anchovy sauce to table.

Time—5 minutes.

Sufficient for 2 or 3 persons.

No. 1216.—WHITING (Fried).*Ingredients—*

3 or 4 whittings, 1 egg, breadcrumbs, boiling fat.

Method—

Clean and skin the whittings, and fasten their tails into their mouths. Dry them on a cloth, then brush them

with beaten egg, and cover them with breadcrumbs. Have ready a saucepan of boiling fat, put the fish in a frying-basket, and fry them a nice bright golden-brown. Drain well, serve on a folded napkin, and garnish them with fried parsley.

Send melted butter or shrimp sauce to table with them.

Time—6 to 8 minutes.

Sufficient for 3 or 4 persons.

No. 1217.—WIDGEONS (Roast).

Ingredients—

2 widgeons, clarified dripping for basting, $\frac{1}{2}$ pint of brown gravy No. 612, or orange gravy No. 615.

Method—

Roast the birds in front of a clear fire or in a good oven, basting them continually with plenty of clarified dripping. Five minutes before serving dredge the breasts with flour, and baste again until nicely frothed. Remove the skewers and trussing-strings, dish the birds on a very hot dish, and serve them quickly. Pour a little of the gravy round the birds, and send the rest to table in a tureen, and also a cut lemon.

Time—15 to 20 minutes.

Sufficient for 3 or 4 persons.

No. 1218.—WINE SAUCE (For Puddings).

Ingredients—

$\frac{1}{4}$ pint sherry, yolks of 2 eggs, 1 oz. sugar, 1 strip of lemon peel, 4 table-spoonfuls water.

Method—

Beat and strain the yolks of the eggs, mix them with the water and sherry, add the sugar and lemon peel, put all

in a lined saucepan, and stir over a gentle fire until the sauce thickens, but do not allow it to boil, or it will curdle instantly. When of the consistency of custard, strain and serve.

Time—6 or 7 minutes over a very gentle fire.

Sufficient for 4 or 5 persons.

No. 1219.—WINE SAUCE, CLEAR (For Puddings).

Ingredients—

$\frac{1}{4}$ pint sherry or port, 3 table-spoonfuls water, 1 oz. sugar, 1 small tea-spoonful arrowroot, 1 dessert-spoonful brandy.

Method—

Put the wine, sugar, and water in a lined saucepan, and heat them until the sugar is melted. Mix the arrowroot smoothly with the brandy, and add them to the wine. Stir the sauce over a gentle fire until it thickens slightly, and looks clear and transparent, then strain it, and serve at once.

Time—Altogether, 7 or 8 minutes.

Sufficient for 4 or 5 persons.

No. 1220.—WOODCOCK (Roast).

Ingredients—

2 woodcock, 2 slices of toast, clarified dripping for basting, $\frac{1}{2}$ pint of brown gravy.

Method—

Let the birds be plucked, but not drawn. Flour them, and place a slice of toast under each. Roast them in front of a clear fire or in a good oven, basting them continually. When nearly cooked dredge the breasts again with flour, and baste them until nicely frothed. Spread the trails over the pieces of toast, dish the birds upon them, pour a little of the gravy

round, and send the rest to table in a tureen.

Time—18 to 25 minutes.

Sufficient for 3 or 4 persons.

No. 1221—WOODCOCK (Scotch).

Ingredients—

4 small slices buttered toast, 8 anchovies or 1 table-spoonful anchovy paste, 2 eggs, 1 oz. butter, seasoning pepper and salt.

Method—

Cut the crust off the toast, and let the slices be rather larger than for anchovy toasts. Prepare the anchovies carefully, and put two on each slice of toast. Make them very hot in the oven. If anchovy paste is preferred, spread it neatly over the toast. Scramble the eggs with the butter by recipe No. 501, season them with pepper and salt, put a small spoonful on each of the

toasts on top of the anchovies, and serve very hot.

Time—To heat the toasts, 7 or 8 minutes.

To scramble eggs, 3 minutes.

Sufficient for 3 or 4 persons.

No. 1222.—YORKSHIRE PUDDING.

Ingredients—

2 table-spoonfuls flour, 2 eggs, $\frac{3}{4}$ pint milk, 1 pinch salt.

Method—

Beat and strain the eggs; add to them the milk, and mix part of these with the flour, very gradually, into a smooth paste; then add the rest of the milk and eggs and the salt, and beat the mixture for 3 or 4 minutes. Pour it into a well-greased tin, and bake in a good oven for 35 or 40 minutes. Cut it up into small, neat pieces, and serve in a small, hot dish.

Time—35 to 40 minutes.

Sufficient for 4 or 5 persons.

7.

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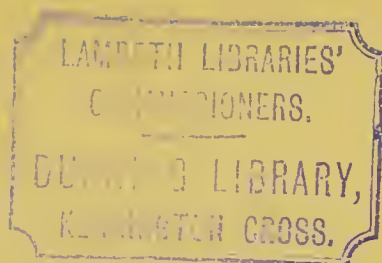
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" (Stewed)	476	121	Oyster Patties	882	220
" (à la Tartare)	477	121	Oysters (Scalloped)	885	220
Fish (au Gratin)	520	131	" " (Another Recipe)	886	221
" Pie	521	131	" " (With Mushrooms)	887	221
" Rissoles of	522	131	" (Stewed)	889	221
" Salad	523	131	Perch (Fried)	921	229
" Salt (Boiled)	524	132	" (Stewed)	922	230
" " (à la Maître d'Hôtel)	525	132	Pike (Baked)	931	232
" (Scalloped)	526	132	" (Stewed in Wine)	932	232
Flounders (Boiled)	527	132	Plaice (Fried)	939	234
" (Fried)	528	133	" (Marinated)	940	234
Gudgeons "	628	159	Prawns (To Boil)	986	245
Gurnet (Baked)	630	159	" (To Serve)	987	245
" (Boiled)	631	159	" (Curried)	988	245

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Salmon (Baked in Paper Cases)	1051	261	Soles (au Gratin)	1106	274
" (Boiled)	1052	261	" (Filleted, au Gratin)	1107	274
" (Crimped)	1053	261	" (à la Meunière)	1108	275
" Croquettes (à la Princesse)	1054	262	" (à la Rochefort)	1109	275
" (Curried)	1055	262	" (à la Windham)	1110	275
" (à la Genevese)	1056	262	Sprats (Broiled)	1120	278
" (Pickled)	1057	263	" (Fried in Batter)	1121	278
" Mayonnaise	1058	263	Sturgeon (Baked)	1133	282
" Pudding	1059	263	Tench (Stewed in Wine)	1143	284
" Rissoles	1060	263	Trout (Baked)	1163	289
Scallops (Fried)	1081	269	" (Fried)	1164	289
" (au Gratin)	1082	269	" (Stewed)	1165	289
Sea-Bream (Baked)	1084	269	Turbot (Boiled)	1167	290
Shrimps (To Boil)	1090	271	" (Creamed)	1168	290
" Patties	1091	271	" (Fried Fillets of)	1169	290
Skate (Boiled)	1093	271	" (au Gratin)	1170	290
" (au Beurre Noir)	1094	271	Water Souchy	1208	300
Smelts (Fried)	1095	272	Whitebait (Fried)	1209	301
" (au Gratin)	1096	272	" (Mock)	1210	301
Soles (Boiled)	1101	273	Whiting (Baked)	1212	302
" (à la Crème)	1102	273	" (" Very Good)	1213	302
" (à la Dieppoise)	1103	273	" (Boiled)	1214	302
" (Fried)	1104	274	" (Filleted)	1215	302
" (Filleted, Fried)	1105	274	" (Fried)	1216	302

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Beef Collops	144	38	Lobster (au Béchamel)	749	188
" " (à la Française)	145	38	" Cutlets of	751	188
" Fillets of (à la Parisienne)	148	39	" " "	752	189
" (Minced with Olives)	156	41	" " (Another Recipe)	753	189
" Olives	157	41	" Patties	757	190
Blackcock (Salmis of)	184	48	Mutton Cutlets (Braised)	820	205
Calf's Head (à la Maître d'Hôtel)	246	65	" " (Fried)	821	205
" " (Fricasée of)	249	66	" " (Marinated)	822	206
Chicken Creams	320	83	" " (In Russian Sauce)	823	206
" (Croquettes of)	321	83	Oxtail, Haricot	874	217
" Cutlets	324	84	Oyster Patties	882	220
" and Mushrooms	326	85	Oysters (Scalloped)	885	220
" and Ham Patties	327	85	" (" Another Recipe)	886	221
" (Rissoles of)	329	86	" (" With Mushrooms)	887	221
" (Small Soufflés of)	333	87	" (Stewed)	889	221
Cromesquis	390	100	Pigeons (Roast)	929	232
" Chicken	391	100	" (Stewed)	930	232
" Oyster	392	100	Quails (Roast)	994	247
Dresden Patties	450	114	Quenelles	995	247
Duck, Ragoût of	462	117	Rissoles (à la Pompadour)	1041	258
Fish Rissoles	522	131	Salmon Croquettes (à la Princesse)	1054	262
" (Scalloped)	526	132	" Rissoles	1060	263
Fowl Minced with Mushrooms	553	139	Shrimp Patties	1091	271
" Ragoût of	554	139	Sweetbreads (Fried)	1137	283
" (Scalloped)	556	140	" (Stewed in Gravy)	1139	283
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Haricot Mutton	651	164	" (In White Sauce)	1176	292
Lamb Cutlets (With Asparagus)	695	176	Veal Cutlets	1186	294
" " (With Green Peas)	696	176	" Minced (au Béchamel)	1194	297
" " (With Spinach)	697	176	" " (With Mushrooms)	1195	297
" Minced (With Green Peas)	704	178	" " (With Oysters)	1196	297
" " (With Mushrooms)	705	178	" Olives	1199	298
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„ („ To Serve Cold) . .	140	36	„ Half Leg of (Boiled) . .	831	208
„ Brisket of (Boiled) . .	141	37	„ „ (Roast)	832	208
„ (Collared)	143	37	„ Loin of (Roast)	834	208
„ Fillet of (Roast)	147	38	„ „ (Stuffed and		
„ Ribs of „	159	42	Rolled)	835	209
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„ Round of (Boiled)	162	43	„ „ (Roast)	838	209
„ Sirloin of (Roast)	164	43	„ Saddle of (Roast)	839	210
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Calf's Head (Boiled)	247	65	and Rolled)	841	210
„ (Braised)	248	66	Ox-tongue (To Boil)	877	218
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„ (Boiled)	641	161	Pork, Griskin of (Roast)	958	239
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„ „ Pudding	171	45	„ Pudding	901	224
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Chicken Pie	328	85	Pigeon Pie	928	231
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" " (Purée of)	134	34	Parsnip (Boiled)	895	223
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" " (Boiled)	178	47	Peas, Green (To Boil)	908	226
" " (Pickled)	179	47	" " (à la Française)	909	227
Broccoli (Boiled)	215	57	Potatoes (Baked)	964	240
Brussels Sprouts	218	58	" " (To Boil)	965	241
" " (à la Française)	219	58	" " (" " In their Jackets)	966	241
Cabbage (Boiled)	229	60	" " New (To Boil)	967	241
" " Young Spring (Boiled)	230	61	" " Boulettes	968	241
" " Red (Pickled)	231	61	" " Chip	969	241
" " (Stewed)	232	61	" " (à la Duchesse)	970	242
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" " (Boiled)	270	71	" " (à la Maître d'Hôtel)	972	242
" " (au Beurre)	271	71	Potato Marbles	973	242
" " (In Brown Sauce)	272	71	Potatoes (Mashed)	974	242
" " (Mashed)	273	71	" " (" " Plain)	975	243
" " (Very Good)	274	72	" " (à la Reine)	979	244
" " (With Turnips)	275	72	Potato Ribbons	980	244
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" " (With Brown Sauce)	287	75	Sea-kale (Boiled)	1085	269
" " (With White Sauce)	288	75	Spinach	1115	277
" " (Stewed)	292	76	" " (Dressed with Cream)	1116	277
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" " (Another Method)	407	103	" " (Purée of)	1149	285
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" " (In Brown Sauce)	717	181	Turnips (Boiled)	1177	292
Lentils (To Boil)	739	186	" " (Mashed)	1178	292
" " (à la Crème)	740	186	Vegetable Marrow (Boiled)	1201	299
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GRAVIES AND SAUCES

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" " (Another Recipe)	24	6	" " (Brown)	261	69
Apple	51	13	Celery	289	75
" " (Very Fine)	52	13	" " (White)	290	75
" " (Baked)	53	13	Chestnut Sauce (Brown)	314	81
Béchamel	135	35	" " (White)	315	82
" " (Very Good)	136	35	Crab	378	97
" " (Maigre)	137	35	Cream	388	99
Beef Gravy	150	39	Cucumber Sauce (Brown)	408	104
Bovril (To Use for Gravies)	193	51	" " (White)	409	104
Bread Sauce	209	56	Curry	416	106
" " (Very Fine)	210	56	" " (Maigre)	417	106
" " (Easily Made)	211	57	Egg	499	125
Brown	217	58	Espagnole	510	128
Butter (Browned)	224	60	" " (a Simple Recipe for)	511	128
" " (Melted)	227	60	Espagnole Maigre	512	128
" " (Clear, to Serve with Asparagus)	228	60	Fennel Sauce	514	129
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„ „ (Jelly for Pies)	613	155	Parsley and Butter	893	223
„ „ (for Roast Joints)	614	155	Salad Dressing	1050	261
„ „ (Orange)	615	155	Sauce (Allemande)	1064	265
Horse-radish Sauce	659	166	„ „ (Argenteuil)	1065	265
Lobster „ „	759	190	„ „ (Aurore)	1066	265
„ „ „ (Very Fine)	760	191	„ „ (For Brawn)	1067	265
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„ „ „ (Very Fine)	785	197	„ „ (Hollandaise)	1069	266
„ „ „ (Very Light)	786	197	„ „ (Indienne)	1070	266
„ „ „ (à la Royale)	787	197	„ „ (Kidney)	1071	266
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„ „ „ (White)	807	202	„ „ (Robert)	1074	267
„ „ „ („ „ Very Good)	808	202	„ „ (Russian)	1075	267
Mussel „ „	812	203	„ „ (Tartare)	1076	267
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			„ „ „ (Very Good)	1152	286

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Arrowroot „ „	83	21	Lemon „ „	737	186
Cherry „ „	310	80	Orange Marmalade Sauce	873	217
„ „ „ (Made with Fresh Fruit)	311	81	Pineapple Sauce	936	233
Custard Sauce	422	107	Punch „ „	993	247
Gin „ „	578	146	Raspberry „ „	1012	252
Ginger „ „	587	149	Wine „ „	1218	303
			„ „ „ (Clear)	1219	303

POULTRY AND GAME

Blackcock (Roast)	183	48	Fowl (à la Béchamel)	545	136
„ „ (Salmis of)	184	48	„ „ (Braised)	546	137
Capercaillie (Roast)	259	68	„ „ (Broiled)	547	137
Capon (Boiled)	262	69	„ „ (Curried)	548	137
„ „ (Roast)	263	69	„ „ (Roast)	555	139
„ „ (Stuffed and Roast)	264	69	„ „ (Stuffed and Roast)	557	140
Chicken (à la Béchamel)	317	82	Goose (Roast)	594	150
„ „ (Boiled)	318	82	Gosling (Roast)	595	151
„ „ (Roast)	330	86	Grouse (Roast)	625	158
„ „ Roast (Young Spring)	331	86	„ „ (Salad)	626	158
Cock-a-Leekie	346	90	Guinea-Fowl (Roast)	629	159
Duck (Roast)	455	115	Hare (Baron of)	645	162
„ „ (Stewed with Green Peas)	456	115	„ „ (Jugged)	646	163
„ „ „ „ Turnips)	457	115	„ „ „ (Another Recipe)	647	163
„ „ „ „ Olives)	458	116	„ „ (Roast)	648	163
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„ „ „ (Ragoût of)	462	117	Larks (In Aspic)	711	180

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„ (Roast)	902	225	„ (Jugged)	1002	249
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„ (Roast)	924	230	„ (In White Sauce) . .	1006	250
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„ Caramel Cream . . .	8	3	„ (Stewed)	430	109
Apples (Baked)	28	7	Dutch Flummery	466	118
„ (Compôte of)	29	7	Éclairs	467	118
„ (Stewed, Whole) . .	30	7	Egg Snow	502	126
„ (Iced)	31	8	Figs, Green (Compôte of)	517	130
„ (In Red Jelly) . . .	32	8	Frangipane	558	140
„ (Buttered)	33	8	French Plums (Compôte of)	559	140
Apple Custard	39	10	Fruit Creams	563	141
„ „ (Another Recipe)	40	10	„ Jelly (Summer) . . .	564	141
„ Jelly	48	20	„ „ (Winter)	565	142
„ Snow	54	14	Ginger Cream	584	148
„ Trifle	57	14	Gooseberries (Compôte of)	596	151
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„ (Green, Stewed) . .	60	15	Ice Cream (Coffee) . . .	661	167
Apricot Charlotte . . .	61	15	„ (Fruit)	662	167
„ Cream	62	16	„ „ (Strawberry) . . .	663	167
„ Jelly	66	17	„ „ (Vanilla)	664	168
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Aspic Jelly	102	26	„ Pudding (à la Parisienne)	666	168
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" Sponge	637	234	Trifle	1159	288
Pippins (To Stew)	938	234	" (An Easy Way of Making)	1160	288
Plums (Compôte of)	944	235	" (Very Fine)	1161	288
Prunes	990	246	Vanilla Cream	1179	293
Raspberry Bavaroise	1009	251	" Custards	1180	293
" Cream	1010	251	" Soufflé	1181	293

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" Pudding (Baked)	11	3	" " " (Boiled.)	208	56
" Puddings (Small)	11	4	Cabinet Pudding	233	61
" " " (Very Fine)	13	4	" " (Very Fine)	234	62
" Puffs	14	4	Cannelons	258	68
" Tartlets	15	4	Caramel Pudding	267	70
Apple Cake	34	8	Carrot	276	72
" Charlotte	35	9	Castle Puddings	279	73
" " (Another Recipe)	36	9	Cherry Pudding	309	80
" " (Very Good)	37	9	" Tart	312	81
" Cheesecakes	38	10	Cocoanut Cheesecakes	348	91
" Custard Tart	41	10	College Puddings	372	96
" Dumplings	42	11	Cranberry Pudding	380	97
" " (Very Fine)	43	11	" Tart	381	98
" " (Boiled)	44	11	Crust for Raised Pies	395	101
" Fritters	45	11	" Butter	396	101
" Pudding (Baked)	49	13	" Cream	397	101
" " (Boiled)	50	13	" Dripping	398	102
" Tart	55	14	" Lard	399	102
" " (à la Crème)	56	14	" Puff	400	102
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" " (Boiled)	70	18	Currant Dumplings	413	105
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" Tart	72	18	Custard " (Baked)	420	107
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" Jam	75	19	Damson Pudding	429	109
" " " (Another			" Tart	432	109
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" " (Another Recipe)	110	29	" " (Very Light)	435	110
Baroness Pudding	122	32	Dauphines	436	110
Batter " (Baked)	124	32	Dumplings, Norfolk	463	117
" " (Boiled)	125	32	" Plain	464	117
Black Currant Pudding	187	49	" Suet	465	118
" " Tart	189	50	Fanchonettes	513	129
Bradenburg Pudding	194	51	Fig Pudding	515	129
" " " (Made with			" " (Very Light)	516	129
Blackberries)	195	52	Fritters, Plain	560	141
Bread Pudding	204	55	" Cake	561	141
" " (Another Recipe)	205	55	" Lemon	562	141
Brown Bread Pudding	206	55	" Mincemeat	794	199

PUDDINGS AND PASTRY—*continued*

	NO.	PAGE		NO.	PAGE
Bitters Peach	915	228	Plum Pudding (Baked)	946	236
„ „ (Very Good)	916	228	„ „ „ (Very Good)	947	236
„ Pear	919	229	„ „ (Boiled)	948	236
„ Pineapple	934	233	„ „ „ (Very Good)	949	236
Fruit Meringue	790	198	„ „ Christmas	950	237
„ Turnover	567	142	„ „ „ (Another		
German Puffs	576	146	„ Recipe)	951	237
Ginger Pudding	585	148	Plum Pudding (Fresh)	952	238
„ „ (Very Good)	586	148	„ „ Vegetable	953	238
Golden „	592	150	„ Tart	954	238
Gooseberry Pudding (Baked)	600	152	Potato Pudding	977	243
„ „ (Boiled)	601	152	„ „ (Very Good)	978	243
„ Tart	603	152	Raisin Pudding (Baked)	1007	250
Grape „	606	153	„ „ (Boiled)	1008	251
Greengage Pudding	621	157	Red Currant and Raspberry		
„ Tart	622	157	„ Pudding	1018	253
Ham Puffs	671	170	Red Currant and Raspberry Tart	1019	253
„ Roly Poly Pudding (Baked)	672	170	Rhubarb Pudding	1023	254
„ „ (Boiled)	673	170	„ Tart	1024	254
„ Tart (Open)	674	170	Rice (Buttered)	1027	255
„ Tartlets (Plain)	675	170	„ (Sweet Casserole of)	1031	256
„ „ (Very Good)	676	171	„ Croquettes	1032	257
Lemon Cheesecakes	726	183	„ Ground, Pudding (Plain)	1033	257
„ Dumplings	729	184	„ „ „ (Good)	1034	257
„ Pudding (Baked)	733	185	„ Pudding (Plain, Baked)	1035	257
„ „ „ (Very Good)	734	185	„ „ (Good, „)	1036	257
„ „ (Boiled)	735	185	„ „ (Boiled)	1037	258
„ Sandwiches	736	185	„ Puddings (Small)	1038	258
Macaroni Pudding	767	192	Sago Pudding	1046	260
Macaroon Tartlets	771	193	Semolina „	1088	270
Marrow Pudding	783	196	Snow „	1099	272
Mince Pies	795	199	Strawberry Tartlets	1132	282
Orange Cheesecakes	870	216	Suet Pudding	1134	282
Pancakes	891	222	Swiss Roll	1140	283
„ (à la Celestine)	892	222	Tapioca Pudding	1141	284
Paste (Feuilletage)	904	225	Treacle „	1157	287
„ (Flour and Water)	905	226	„ Tart	1158	287
Pastry Sandwiches	906	226	Yorkshire Pudding	1222	304
Patty Cases	907	226			

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Bacon (Boiled)	103	26	Eggs (à la Crème)	486	123
„ Rashers of (Broiled)	104	26	„ (Curried)	487	123
„ and Eggs	106	27	„ (Fried)	491	124
„ Rashers of (Fried)	107	28	„ (Meyerbeer)	493	124
Beef Sausages	163	43	„ (au Miroir)	494	124
Brawn	196	52	„ (à la Monaco)	495	125
„ (Another Recipe)	197	53	„ (au Plat)	496	125
Devilled Bones	438	111	„ (Poached)	498	125
„ (Brains)	439	111	„ (Scotch)	500	125
„ (Chicken or Fowl)	440	111	„ (Scrambled)	501	126
„ (Fish)	441	111	„ (à la Soubise)	503	126
„ (Kidneys)	442	112	„ With Mushrooms	504	126
Eggs (Boiled)	482	122	„ „ Green Peas	505	127
„ (Buttered)	483	122	„ „ Tomatoes	506	127
„ (en Caisses)	484	122	„ „ Truffles	507	127
„ (en Cocotte)	485	123	Fish Rissoles	522	131

BREAKFAST DISHES—*continued*

	NO.	PAGE		NO.	PAGE
Fish (Scalloped) . . .	526	132	Liver and Bacon . . .	746	187
Fowl (Broiled) . . .	547	137	Lobster Omelet . . .	756	190
Fowl (Curried) . . .	548	137	Mackerel (Broiled) . . .	774	194
„ (Fried) . . .	550	138	Mushrooms „ . . .	804	201
„ (au Gratin) . . .	551	138	Mutton Chops (Broiled) . . .	818	205
„ (Scalloped) . . .	556	140	„ Cutlets . . .	821	205
Grilled Bones . . .	632	160	„ (Devilled) . . .	825	207
Haddock, Dried (Grilled) . . .	635	160	„ Steak (Grilled) . . .	842	210
„ „ (Fried) . . .	637	161	Omelet . . .	856	213
Ham and Eggs . . .	642	162	„ (Aux Fines Herbes) . . .	857	214
„ Omelet . . .	643	162	„ (Savoury) . . .	858	214
Herrings, Fresh (au Gratin) . . .	654	165	„ „ (Another Recipe) . . .	859	214
„ „ (Fried) . . .	655	165	Partridge (Broiled) . . .	899	224
„ „ Red (To Dress) . . .	656	166	Pheasant „ . . .	923	230
Kedgeree . . .	685	173	Pigeon „ . . .	927	231
Kidneys (à la Brochette) . . .	686	173	Porridge . . .	963	240
„ (Broiled) . . .	687	173	Sausages (Fried) . . .	1078	268
„ (Fried) . . .	688	174	Turkey, Legs of (Devilled) . . .	1172	291
„ (à la Française) . . .	689	174	„ Rissoles . . .	1173	291
„ (Omelet) . . .	690	174	Veal Cake . . .	1184	294
„ (On Toast) . . .	692	175	„ Cutlets . . .	1186	294

MAYONNAISES AND SALADS

Artichoke Salad . . .	90	22	Fruit Salad . . .	566	142
Asparagus (Cold, à la Crème) . . .	95	24	Grouse „ . . .	626	158
„ (Tinned) . . .	96	24	Lobster „ . . .	758	190
Chicken Mayonnaise . . .	325	84	Potato „ . . .	982	244
„ Salad . . .	332	87	Summer „ . . .	1048	260
Crab „ . . .	377	97	Winter „ . . .	1049	261
Fish „ . . .	523	131	Salmon Mayonnaise . . .	1058	263

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Abernethy Biscuits . . .	1	1	Cocoanut Macaroons . . .	349	91
Almond Cake . . .	4	2	Currant Cake . . .	412	105
„ Cakes (Small) . . .	5	2	Dinner Rolls . . .	448	113
„ Icing . . .	10	3	Finger Biscuits . . .	518	130
„ Gingerbread . . .	9	3	Genoises . . .	575	146
Arrowroot Biscuits . . .	79	20	Ginger Biscuits (Plain) . . .	580	147
„ Cake . . .	81	20	„ Bread . . .	581	147
„ Cakes (Small) . . .	82	21	„ „ (Another Recipe) . . .	582	147
Banbury „ . . .	111	29	„ „ Nuts . . .	583	148
Biscuits, Plain . . .	180	48	Lemon Biscuits . . .	720	182
„ „ (To Serve with Cheese) . . .	181	48	Lemon Cake . . .	724	182
„ Wine . . .	182	48	Macaroons . . .	769	193
Bread, Household . . .	198	53	Madeira Cake . . .	776	194
„ Brown . . .	199	54	Muffins . . .	798	200
„ French . . .	200	54	Oatcakes . . .	850	212
Breakfast Rolls . . .	201	54	Plum Cake (Plain) . . .	942	235
Buns, Cream . . .	222	59	„ „ (Good) . . .	943	235
„ Plain . . .	223	59	Ratafias . . .	1013	252
Cake, Birthday . . .	238	63	Rice Biscuits . . .	1026	255
„ Plain . . .	239	63	„ Cake . . .	1028	255
„ Pound . . .	240	63	„ Cakes (Small) . . .	1029	256
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BREAD, CAKES, AND BISCUITS—*continued*

	NO.	PAGE		NO.	PAGE
Seed Cake (Plain)	1086	270	Sponge Cake	1118	277
„ „ (Very Good)	1087	270	„ Cakes (Small)	1119	278
Shortbread	1089	270	Sugar Icing	668	169
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Soda „	1100	273			

CONFECTIONERY

Acidulated Drops	2	1	Chocolate Almonds	336	86
Almond Paste	10	3	„ Drops	339	88
„ Rock	16	5	„ Icing	340	89
Barley Sugar	119	31	„ Pistachios	341	89
Caramel (To Boil Sugar to)	265	70	Nougat	847	211
„ (For Puddings, etc.)	266	70	Toffee	1147	285

PRESERVES

Apple Jam	46	12	Gooseberry Jam (Red)	599	151
„ Jelly	47	12	Grape Jelly	605	153
Apricots (To Dry)	58	15	Greengage Jam	618	156
Apricot Jam	63	16	„ „ (Another Recipe)	619	156
„ „ (Another Recipe)	64	16	„ Marmalade	620	157
„ „ (Made with Preserved Pulp)	65	17	Orange „	372	217
Barberry Jam	114	30	Plum Jam	945	236
„ Jelly	115	30	Quince Marmalade	996	247
Black Currant Jam	185	49	„ and Apple Marmalade	997	248
„ „ Jelly	186	49	Raspberry Jam	1011	252
Cherries (Dried)	307	80	Red Currant „	1015	252
Cherry Jam	308	80	„ „ Jelly	1016	252
Damson Cheese	425	108	„ „ „ (Another Recipe)	1017	253
„ Jam	427	108	Rhubarb Jam	1021	254
„ Jelly	428	108	„ „ (Another Recipe)	1022	254
„ Solid	431	109	Strawberry Jam	1130	280
Gooseberry Jam (Green)	598	151	„ Jelly	1131	280

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Barley Water	120	31	Coffee (Essence of)	368	95
„ „ (For Invalids)	121	31	Egg Flip	489	123
Café au Lait	235	62	„ „ (Very Light)	490	124
„ Noir	236	62	Gin Punch	577	146
Chablis Cup	293	76	Ginger Beer	579	147
Champagne Cup	294	77	Lemonade	721	182
Cherry Brandy	304	79	„ „ (Another Recipe)	722	182
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Cider Cup	343	89	Milk Punch	792	198
Claret „	344	90	Negus	846	211
Cocoa	347	90	Rum Punch	1043	259
Coffee (Breakfast)	367	95			

COLD FISH AND MEAT COOKERY

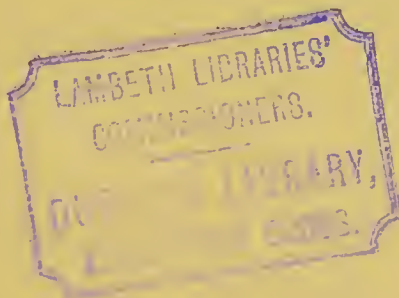
	NO.	PAGE		NO.	PAGE
Beef (Curried) . . .	146	38	Fowl (Fried) . . .	550	138
„ (Fricandeau of) . .	149	39	„ (au Gratin) . . .	551	138
„ (Hashed) . . .	151	40	„ (Hashed) . . .	552	138
„ „ (Very Good) . .	152	40	„ (Minced, with Mushrooms)	553	139
„ (Minced) . . .	155	41	„ (Ragoût of) . . .	554	139
„ „ With Olives) . .	156	41	„ (Scalloped) . . .	556	140
„ Olives . . .	158	42	Game (Hashed) . . .	569	143
Blackcock (Salmis of) .	184	48	„ (Rissoles of) . . .	572	145
Brill (à la Crème) . .	213	57	Goose (Hashed) . . .	593	150
Calf's Head (à la Maître d'Hôtel)	246	65	Hare (Jugged) . . .	647	163
„ (Fricassée of) . .	249	66	Kedgerie . . .	685	173
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„ (Curried) . . .	323	84	„ „ Mushrooms) . .	705	178
„ (Mayonnaise of) . .	325	84	Lobster Curry . . .	750	188
„ and Mushrooms . .	326	85	Mutton (Curried) . . .	819	205
„ and Ham Patties . .	327	85	„ (Deville) . . .	825	207
„ (Rissoles of) . . .	329	86	„ (Hashed) . . .	827	207
„ (Salad of) . . .	332	86	„ (Minced) . . .	836	209
Cod (à la Crème) . . .	350	91	Ox-tongue (Potted) . .	879	219
„ (Curried) . . .	354	92	Salmon Croquettes (à la Princesse)	1054	262
„ (au Gratin) . . .	356	92	„ (Curried) . . .	1055	262
Crab Salad . . .	377	97	„ (Pickled) . . .	1057	263
Cromesquis, Beef or Veal .	390	100	„ (Mayonnaise) . . .	1058	263
„ Chicken . . .	391	100	„ (Pudding) . . .	1059	263
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„ „ (Ragoût of) . .	462	117	Turbot (au Gratin) . .	1170	290
Fish (Deville) . . .	441	111	Turkey, Legs of (Deville)	1172	291
„ (au Gratin) . . .	520	131	„ (Rissoles of) . . .	1173	291
„ (Pie) . . .	521	131	Turkey (In White Sauce) .	1176	292
„ (Rissoles) . . .	522	131	Veal Cake . . .	1184	294
„ (Salad) . . .	523	131	„ (Minced, à la Béchamel) .	1194	297
„ (Scalloped) . . .	526	132	„ „ With Mushrooms) .	1195	297
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Arrowroot (To Make) . .	78	20	„ (Pounded) . . .	298	78
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Barley Gruel . . .	116	30	Cod's Roe (Smoked and Potted)	359	93
Batter (For Frying) . .	123	32	Cray-fish (Potted) . . .	383	98
Beef Tea (For Invalids) . .	175	47	Cream Cheese (To Serve) . .	387	99
„ (Another Recipe) . .	176	47	Cream Whipped (For Trifles, etc.)	389	99
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„ „ (Another Recipe)	534	134	„ Leg of (To Use for a Small Family)	833	208
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„ Chestnut	536	134	„ (To Stone)	854	213
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„ Mushroom	539	135	Parada (For Forcemeats).	890	222
„ Oyster	540	135	Parsley (Fried)	894	223
„ Suet (Plain)	541	135	Pastry (Remarks on)	903	225
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„ Truffle	543	136	Punch „	992	246
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„ Mincemeat	732	184	Toast (To Make)	1146	285
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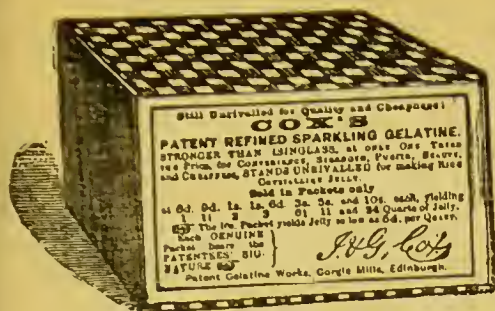
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